

Interoception Map

This chart helps identify possible emotions associated with common body sensations. Use it to develop greater awareness of your inner experiences.

Body Sensation	Possible Emotion
Tight chest	Anxiety, sadness
Butterflies in stomach	Excitement, nervousness
Lump in throat	Grief, fear
Warm hands	Calm, confidence
Cold feet	Fear, shame
Heavy limbs	Exhaustion, sadness
Quick heartbeat	Stress, excitement
Jaw tension	Anger, stress