

Let's explore and reclaim pleasure

Post by "Kalosyni" of March 5, 2022 at 1:18 PM

Quote

Interoception is the perception of sensations from inside the body and includes the perception of physical sensations related to internal organ function such as heart beat, respiration, satiety, as well as the autonomic nervous system activity related to emotions

That is a great article [Don](#) (I read a portion and definitely want to read all of it).

Here is a quick sketch of something less "woo-woo" -- though it leaves a lot out and would be open to hearing feedback or additional ideas for labels, etc. And may need to show how to integrate of feelings, emotions, sensations, desires, etc.



