

Diagram 9.2

Examples of Reliance on Inner Sense Information in Everyday Situations

Situation/Activity

Waking up Tired

- I **notice** a heaviness in my eyelids and a dull feeling in my body.
- I **sense** a reluctance to get out of bed and a desire to stay under the covers.
- I **feel** a fogginess in my mind, making it harder to focus on immediate tasks.
- I **recognize** a sense of mild irritation or frustration about needing to start the day.
- When I **acknowledge** these sensations and feelings, I know I'm genuinely tired.

Situation/Activity

Feeling Frustrated at Work

- I **notice** tightness in my chest and a slightly elevated heart rate.
- I **sense** a bubbling feeling of agitation, like energy without direction.
- I **feel** a recurring thought looping in my mind about what's causing my frustration.
- I **recognize** an internal urge to step away or take a short break.
- When I **observe** these internal signals, I know I'm genuinely feeling frustrated.

Situation/Activity

Deciding What to Eat

- I **sense** a pull towards a specific type of food, like a craving for something savory or sweet.
- I **notice** a mild excitement or anticipation when I think about a particular meal.
- I **feel** a mental clarity when I settle on a choice, as if something clicks into place.
- I **recognize** a slight unease or indecision if I'm overthinking the options.
- When I **trust** these sensations, I know I'm making a choice that aligns with my appetite.