

Interoception & Body Cue Monitoring Sheet

Purpose: Use this sheet to reverse-engineer moments when your body was trying to communicate with you. Over time, look for repeated patterns and **early warning signs** rather than waiting until you reach the point of exhaustion, overwhelm or distress.

What happened?	What was happening beforehand?	What did I notice in my body?	What emotions were present?	What thoughts were present?	What did I do/not do?	What happened next?	Looking back, what might my body have been telling me?	What could I respond to earlier next time?
Describe the event	People, environment, workload, food, sleep, exercise, conflict, stimulation, etc.	Sensations, tension, temperature, heart rate, breathing, stomach, headache, fatigue, restlessness, etc.	Irritable, anxious, flat, overwhelmed, sad, calm, etc.	"I'm fine," "I just need to push through," "I don't have time," etc.	Kept working, skipped lunch, withdrew, exercised, rested, reached for caffeine, etc.	Migraine, fatigue, shut down, overeating, anxiety spike, burnout, etc.	What early cue may have been there before I consciously recognised it?	What would listening to that cue have looked like?
EXAMPLE								
Developed a migraine in the afternoon	Poor sleep, busy morning, several hours on the computer, skipped lunch and had been dealing with several stressful tasks	Jaw tension, tight shoulders, slight sensitivity to light, feeling unusually tired, neck tension and a vague "off" feeling	Irritable, rushed, mentally overloaded	"I'm okay, I just need to get through this." "I'll eat later."	Kept working, ignored fatigue, skipped lunch, drank coffee instead of eating	Headache intensified → migraine	My body may have been signalling overload, tension and depletion well before the migraine became obvious	Pause earlier, eat, hydrate, reduce stimulation, notice tension and fatigue, and reassess whether I need to keep pushing

What happened?	What was happening beforehand?	What did I notice in my body?	What emotions were present?	What thoughts were present?	What did I do/not do?	What happened next?	Looking back, what might my body have been telling me?	What could I respond to earlier next time?

What happened?	What was happening beforehand?	What did I notice in my body?	What emotions were present?	What thoughts were present?	What did I do/not do?	What happened next?	Looking back, what might my body have been telling me?	What could I respond to earlier next time?

What happened?	What was happening beforehand?	What did I notice in my body?	What emotions were present?	What thoughts were present?	What did I do/not do?	What happened next?	Looking back, what might my body have been telling me?	What could I respond to earlier next time?

Pattern-recognition question	What am I noticing?
What tends to happen before I become dysregulated?	
What physical sensations repeatedly show up first?	
What emotions tend to appear before I notice the physical cues?	
What thoughts do I have when I am beginning to override my body's signals?	
What behaviours tend to follow?	
Which cues do I tend to dismiss or explain away?	

Pattern-recognition question	What am I noticing?
Are there particular situations, environments or people associated with these patterns?	
What are my earliest warning signs?	
What are my later / more intense warning signs?	
What does my body seem to be asking for when these cues appear?	
What is one small response I could practise earlier?	