

Neuroception Tracker

Neuroception is your brain's way of sensing danger or comfort in the world around you. Use this table to show how you feel in certain situations.

VOLUME	1, 2, 3 Feeling at ease and safe, comfortable, and connected to others	4, 5, 6 Feeling irritable, fidgety, hungry, tired, and other increasing emotions	7, 8 Feeling worried, angry, tired, anxious, and maybe also sad	9, 10 Feeling exhausted, overwhelmed, petrified, numb, depressed, alone, or other big emotions that make us freexe
Where are you? What is the time?				
Who are you with?				
What are you doing?				