**PSY100 Substitute assignment RADlab (PI Norman Farb)**

Farb, N., Daubenmier, J., Price, C. J., Gard, T., Kerr, C., Dunn, B. D., ... & Mehling, W. E. (2015). Interoception, contemplative practice, and health. *Frontiers in psychology, 6*, 763.

[**https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2015.00763/full**](https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2015.00763/full)

1. What is interoception?
2. Why is interoception thought to be important for well-being?
3. What is the difference between interoceptive attention tendency and interoceptive accuracy?
4. What is the difference between active and perceptual inference? Can you give a personal example of each?
5. How do you most often respond to body sensations- with active or passive inference? Why do you think that this is? Is it different than how you would ideally respond?
6. Describe one future direction proposed by the author.