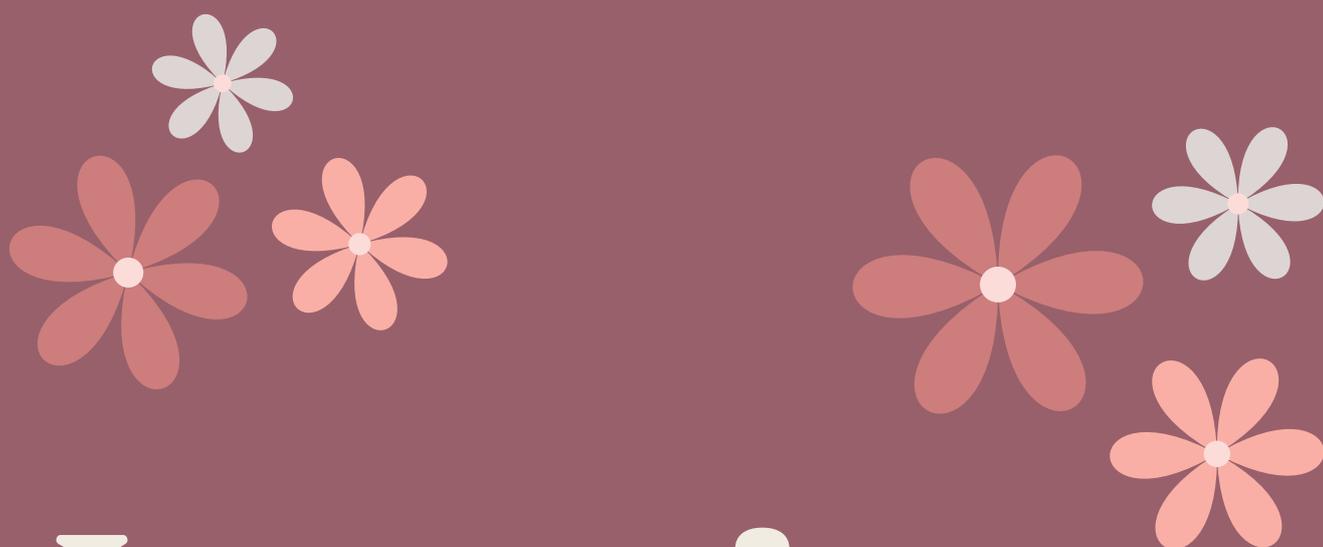


SELF-REGULATION

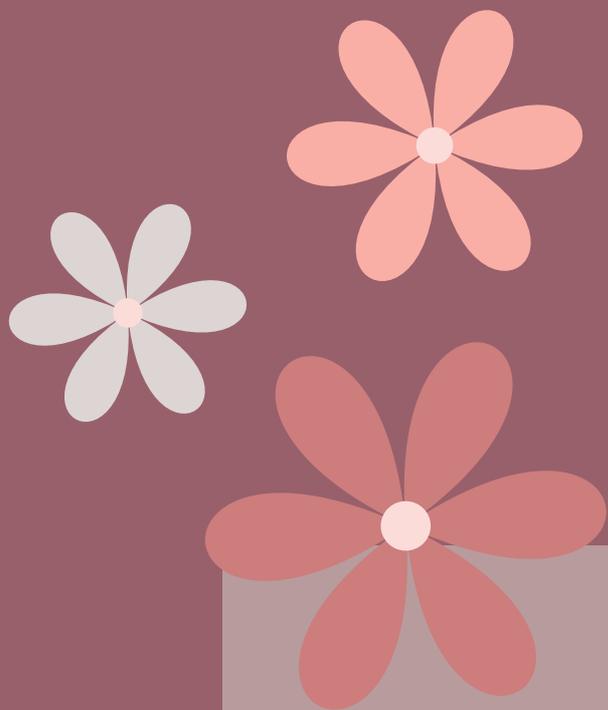


**Learning  
about  
interoception**

“Self-control is the chief element in self-respect, and self-respect is the chief element in courage.”—

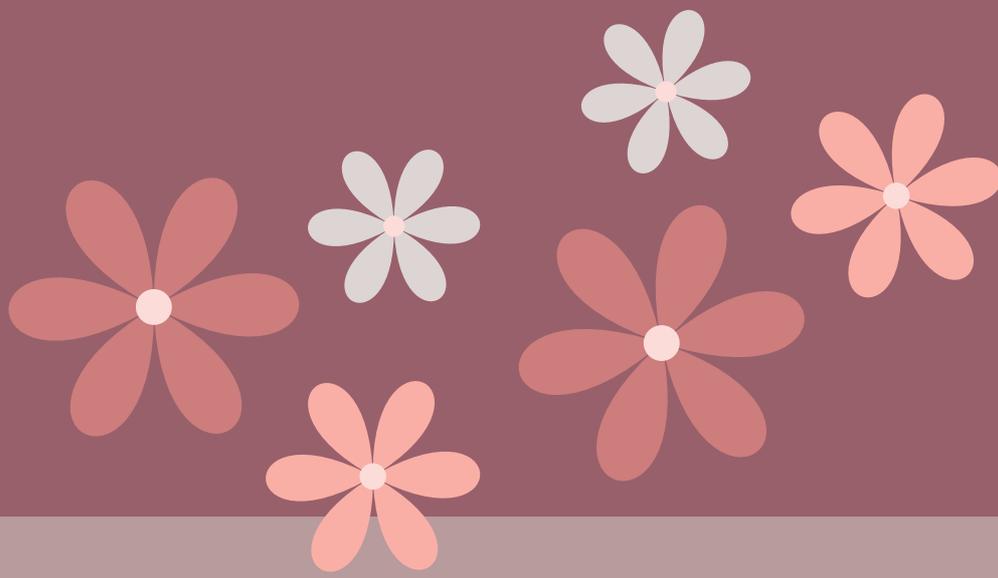
Thucydides

JESSICA MCGUIRE



Interoception is the  
key to emotional  
regulation.

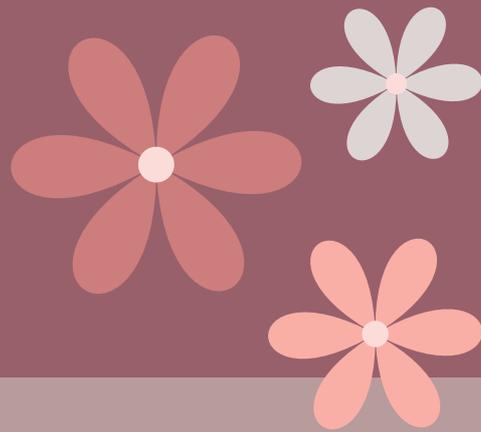




Interoception is your ability  
to notice and understand  
your internal sensations.

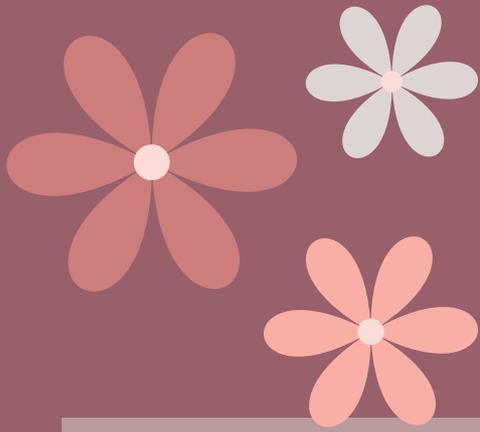
It's the foundation of independent  
self-regulation.

Interoception skills are required to  
notice when you are becoming  
angry, anxious, collapsed or shut-  
down, and then to manage your  
emotions proactively.



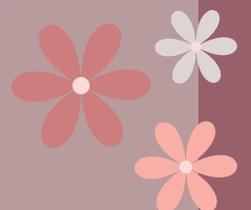
Reduced interoception is one way that your brain may attempt to protect you from experiencing ongoing trauma.

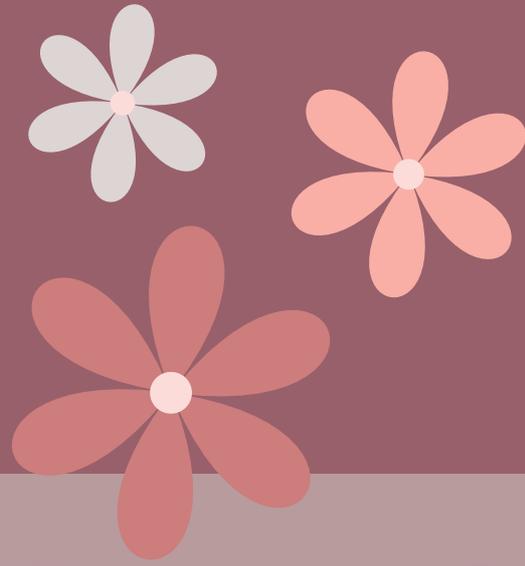
It's less distressing to 'not feel' events that are happening in terms of pain and emotions. Research has found altered interoception in adults with depression, impacting their ability to make decisions based on bodily signals (Furman 2013).



Without noticing emotional states you may only recognise what's going on when you experience a heightened emotional state. By then it may be too late to proactively take care of your emotions.

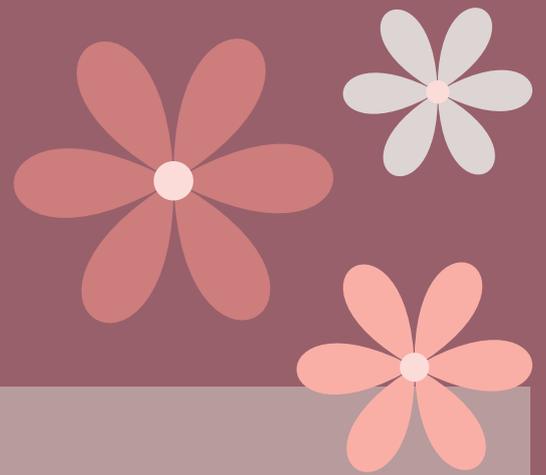
You may have already shifted into sympathetic nervous system overload, freeze or survival mode. For example, you may not notice you're getting annoyed until it escalates to anger and rage (Goodall 2020).





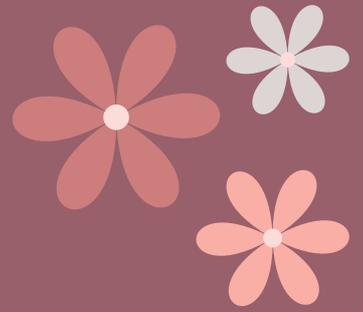
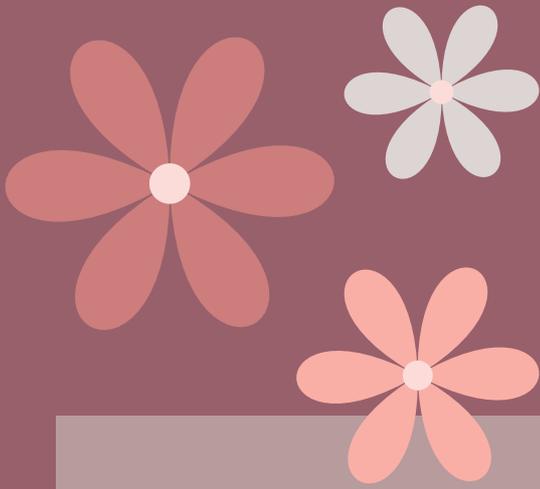
Healthy interoception allows you to make decisions based on BOTH your logic and your emotions.

Without this, you may tend to rely solely on logic and have to carefully think through your possible responses to each situation. Constantly having to think through each potential outcome can be extremely tiring and contribute to rumination, overload, shutdown, meltdowns, anxiety and depression.



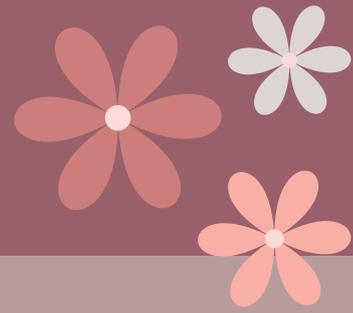
# Interoception allows you to self-regulate.

You know when you are heading  
towards heightened emotional  
states and survival mode, enabling  
you to do so something to prevent  
yourself from entering into  
dysregulation in the first place.



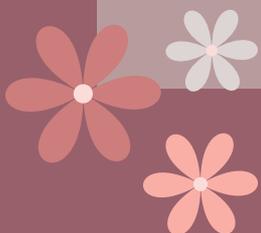
Practicing interoception will engage the part of the brain that helps you stay connected to your sense of self, and also engage the vagus nerve, allowing you to neurologically and biologically “calm down”.

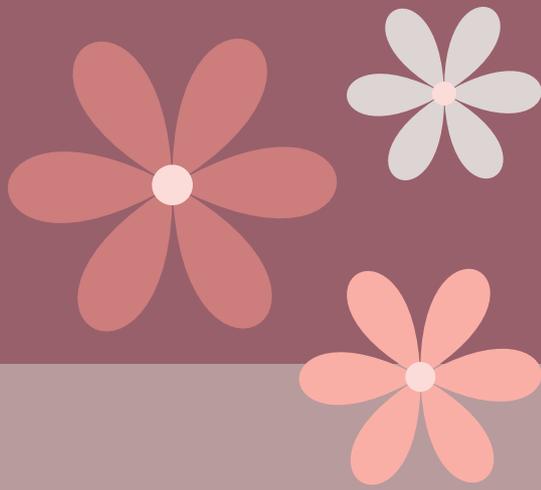
This is what brings true regulation.



Consistent practice can guide the plasticity of the brain to create and strengthen interoceptive-aware brain connections (Ahissar 2009).

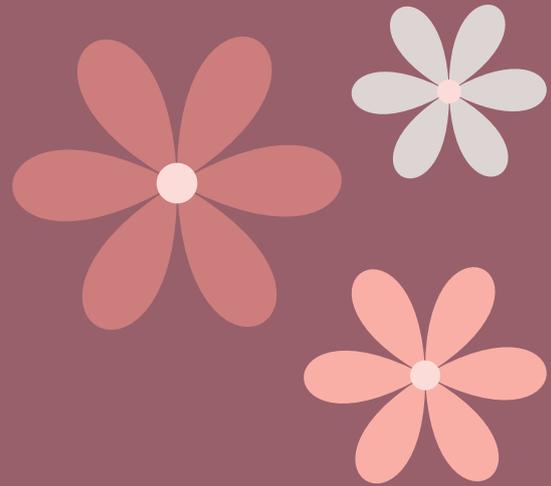
It can also build vagal tone. Your ability to accurately read your own bodily signals and then act on them has important implications for your life. This includes how you make decisions, and how you engage with other people and the world around you.





# Self-regulation is reliant upon interoception.

The greater accuracy you have for tuning into sensations, the greater agency you have in shaping your life. You feel in charge of your body, your feelings and yourself. Just like other systems, this is something you can retrain.



# Reach out to the KéKAY Method

TO HELP ANSWER YOUR QUESTIONS  
AND TO LEARN ABOUT GUIDING  
YOURSELF INTO REGULATION

