

Channels of Perception

	Neural Systems	
	Proprioception (where is my body in space)	
Relational Solitude	Interoception (what is happening inside my body)	5 Senses Sight
Connection	Exteroception	Smell
Belonging	(what is happening around me)	Taste
Spirit	Neuroception (safe/not safe)	Touch
Environment		Hearing Affect
		Primary, Complex and
Mental		Transcendent Emotions
Meaning Making	OUR	Mood
Associations	BODY	Feelings
Thoughts Images		Tone/prosody
Imagination		Attitude
Memory		States
		Triggers

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Created by Dr. Dan Siegel, Remixed by OFI – July 2021

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