

## Sensory Summary

Mark where you think you are on the below scales. Hypersensitivity means you are highly sensitive to sensations and may try and avoid them where possible; hyposensitivity means you have lower sensitivity and may try to seek out these sensations. There are examples below each scale. If you think you are neither hyper/hyposensitive and have no sensory differences, mark yourself in the middle as a 5.

### Taste

0	1	2	3	4	5	6	7	8	9	10
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(Hyposensitive)

(No sensory differences)

(Hypersensitive)

If I am hyposensitive, I might add lots of salt to my food to make it taste stronger. If I am hypersensitive, I might prefer to eat bland foods as I find them too strong.

### Smell

0	1	2	3	4	5	6	7	8	9	10
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(Hyposensitive)

(No sensory differences)

(Hypersensitive)

If I am hyposensitive, I might not notice strong smells and enjoy smelling essential oils. If I am hypersensitive, I might dislike smelly places like a canteen and find smells overpowering.

### Vision

0	1	2	3	4	5	6	7	8	9	10
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(Hyposensitive)

(No sensory differences)

(Hypersensitive)

If I am hyposensitive, I might really like watching bright light displays. If I am hypersensitive, I might prefer to have lights dimmed or turned off.

### Sound

0	1	2	3	4	5	6	7	8	9	10
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(Hyposensitive)

(No sensory differences)

(Hypersensitive)

If I am hyposensitive, I might turn my music up loud and dislike silence. If I am hypersensitive, I might dislike loud spaces and put my hands over my ears.

### Touch

0	1	2	3	4	5	6	7	8	9	10
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(Hyposensitive)

(No sensory differences)

(Hypersensitive)

If I am hyposensitive, I might enjoy rubbing my hands on soft fabric or a soft toy. If I am hypersensitive, I might dislike and avoid touching certain fabrics.

## Texture

0	1	2	3	4	5	6	7	8	9	10
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(Hyposensitive)

(No sensory  
differences)

(Hypersensitive)

If I am hyposensitive, I might really enjoy the feeling of certain food textures in my mouth (such as liking crunchy food). If I am hypersensitive, I might strongly dislike and avoid eating certain food textures (such as mashed potato).