

Understanding Your Sensory Profile

A self-assessment tool to identify your sensory preferences and challenges

What is Sensory Processing?

Sensory processing is how your nervous system receives and responds to sensory information from your environment. Everyone processes sensory input differently - some people need more sensory input to feel regulated, while others need less.

Understanding your sensory profile can help you:

- Make sense of why certain environments feel overwhelming or underwhelming
- Identify strategies to feel more comfortable in daily life
- Communicate your needs to family, friends, and employers
- Create environments that support your wellbeing

How to Use This Checklist:

For each statement, check the box that best describes your typical experience:

- ☐ Under-responsive - You need more of this sensory input to feel comfortable
- ☐ Just right - This sensory input feels balanced for you
- ☐ Over-responsive - You need less of this sensory input or it feels overwhelming

Important Notes:

- Answer based on how you naturally feel, not how you think you "should" feel
- Your responses may vary depending on stress, tiredness, or other factors
- There are no right or wrong answers; this is about understanding YOUR unique sensory system
- You might be over-responsive to some things and under-responsive to others which is completely normal

What You'll Discover

This assessment covers seven sensory systems: **hearing**, **touch**, **sight**, **taste**, **smell**, **movement**, and **body awareness**.

Understanding your profile in each area can help you create a more comfortable sensory environment at home, work, and in your community.

Statement	Under-responsive	<input type="checkbox"/>	Just right	<input type="checkbox"/>	Over-responsive	<input type="checkbox"/>
💡 HEARING & SOUND						
Background noise (cafes, offices, shopping centers)	I don't notice it or find it energizing	<input type="checkbox"/>	I can tune it out when needed	<input type="checkbox"/>	It makes me anxious or unable to concentrate	<input type="checkbox"/>
Sudden loud noises (sirens, alarms, doors slamming)	I barely notice them	<input type="checkbox"/>	They get my attention but don't bother me	<input type="checkbox"/>	They make me jump or feel panicked	<input type="checkbox"/>
Repetitive sounds (tapping, humming, machinery)	I find them soothing or don't notice	<input type="checkbox"/>	They're neutral to me	<input type="checkbox"/>	They drive me crazy and I can't ignore them	<input type="checkbox"/>
Music volume	I like it loud	<input type="checkbox"/>	I prefer moderate volume	<input type="checkbox"/>	I need it quiet or it's overwhelming	<input type="checkbox"/>
Multiple conversations at once	I can follow several easily	<input type="checkbox"/>	I can focus on one conversation	<input type="checkbox"/>	I get overwhelmed and can't focus	<input type="checkbox"/>
👋 TOUCH & TEXTURE						
Light touch (gentle hugs, brushing past)	I don't feel it much or want more	<input type="checkbox"/>	It feels nice and appropriate	<input type="checkbox"/>	It's irritating or feels like too much	<input type="checkbox"/>
Clothing textures and tags	I don't notice fabric differences	<input type="checkbox"/>	Most textures are fine	<input type="checkbox"/>	Certain fabrics or tags drive me crazy	<input type="checkbox"/>
Temperature changes	I don't notice hot/cold easily	<input type="checkbox"/>	I notice and adjust appropriately	<input type="checkbox"/>	Small changes feel extreme	<input type="checkbox"/>
Physical affection (hugs, hand-holding)	I seek out firm pressure/tight hugs	<input type="checkbox"/>	I enjoy appropriate physical contact	<input type="checkbox"/>	I prefer minimal or no physical contact	<input type="checkbox"/>
Messy hands (sticky, wet, dirty)	It doesn't bother me at all	<input type="checkbox"/>	I clean them when convenient	<input type="checkbox"/>	I need to wash them immediately	<input type="checkbox"/>
👁️ SIGHT & VISUAL						
Bright lights (fluorescent, sunlight, headlights)	I don't mind them or seek brighter	<input type="checkbox"/>	They're fine in most situations	<input type="checkbox"/>	They hurt my eyes or give me headaches	<input type="checkbox"/>
Busy visual environments (crowded spaces, patterns)	I enjoy lots of visual stimulation	<input type="checkbox"/>	I can navigate them comfortably	<input type="checkbox"/>	They make me feel overwhelmed or dizzy	<input type="checkbox"/>
Screen time (computers, phones, TV)	I can look at screens for hours	<input type="checkbox"/>	I take breaks when tired	<input type="checkbox"/>	I get eye strain or headaches quickly	<input type="checkbox"/>
Moving objects (ceiling fans, spinning things)	I find them fascinating to watch	<input type="checkbox"/>	I notice but they don't distract me	<input type="checkbox"/>	They're distracting or make me nauseous	<input type="checkbox"/>
Color and contrast	I prefer bright, vibrant colors	<input type="checkbox"/>	I like a variety of colors	<input type="checkbox"/>	I prefer muted, soft colors	<input type="checkbox"/>

👃 SMELL & TASTE

Food smells (cooking, restaurants)	I don't notice most smells	<input type="checkbox"/>	I notice and enjoy pleasant ones	<input type="checkbox"/>	Strong smells make me nauseous	<input type="checkbox"/>
Chemical smells (cleaning products, perfumes)	I barely notice them	<input type="checkbox"/>	I notice but they don't bother me	<input type="checkbox"/>	They give me headaches or make me sick	<input type="checkbox"/>
Food textures	I eat most textures without thinking	<input type="checkbox"/>	I have some preferences but adapt	<input type="checkbox"/>	Certain textures make me gag or avoid foods	<input type="checkbox"/>
Spicy or strong flavors	I seek out intense flavors	<input type="checkbox"/>	I enjoy moderate spice and flavor	<input type="checkbox"/>	I prefer bland or mild foods	<input type="checkbox"/>

🏃 MOVEMENT & BALANCE

Spinning or swinging activities	I love spinning and never get dizzy	<input type="checkbox"/>	I enjoy moderate spinning/swinging	<input type="checkbox"/>	They make me nauseous or anxious	<input type="checkbox"/>
Heights or elevation changes	I seek out high places and don't fear falling	<input type="checkbox"/>	I'm cautious but comfortable with normal heights	<input type="checkbox"/>	Heights make me very anxious or dizzy	<input type="checkbox"/>
Physical activity and exercise	I need intense physical activity daily	<input type="checkbox"/>	I enjoy regular moderate activity	<input type="checkbox"/>	I prefer minimal physical exertion	<input type="checkbox"/>
Car rides or transportation	I love fast rides and never get carsick	<input type="checkbox"/>	Most transportation is fine	<input type="checkbox"/>	I get motion sick or anxious easily	<input type="checkbox"/>

🧘 BODY AWARENESS (Proprioception)

Knowing where your body is in space	I bump into things or misjudge distances often	<input type="checkbox"/>	I usually know where my body is	<input type="checkbox"/>	I'm very aware of my body position	<input type="checkbox"/>
Physical coordination	I'm clumsy or uncoordinated	<input type="checkbox"/>	My coordination is average	<input type="checkbox"/>	I'm very coordinated and graceful	<input type="checkbox"/>
Pressure and force (how hard to press, grip, hug)	I don't know my own strength, break things	<input type="checkbox"/>	I usually use appropriate pressure	<input type="checkbox"/>	I'm very controlled with pressure and force	<input type="checkbox"/>
Heavy work activities (lifting, pushing, carrying)	I seek out heavy physical work	<input type="checkbox"/>	I do them when necessary	<input type="checkbox"/>	I avoid heavy lifting or physical work	<input type="checkbox"/>

Understanding Your Results

Step One: Count Your Responses

Go through your checklist and count how many times you selected each response type:

Over Responsive	Just Right	Under Responsive
<input type="text"/>	<input type="text"/>	<input type="text"/>
Total Count	Total Count	Total Count

Step Two: Record Your Result By Sensory System

For each sensory system, write your dominant response pattern:

Hearing & Sound	<input type="text"/>	Smell & Taste	<input type="text"/>
Touch & Texture	<input type="text"/>	Movement/Balance	<input type="text"/>
Sight & Visual	<input type="text"/>	Body Awareness	<input type="text"/>

What Your Results Mean

UNDER-RESPONSIVE
Your nervous system needs **MORE** of this sensory input to feel regulated. You may seek out these sensations or not notice them as much as others

JUST RIGHT
This sensory system feels balanced for you. You're comfortable with typical levels and can usually manage well in daily life.

OVER-RESPONSIVE
Your nervous system is more sensitive to this input. You may feel overwhelmed by sensations others find comfortable.

:Most people have a mixed profile - over-responsive to some things and under-responsive to others.

This is completely normal! Understanding your unique patterns helps you create strategies that work for YOUR nervous system.

Strategies that can help

FOR OVER-RESPONSIVE AREAS

- Create quiet, low-stimulation spaces
- Use noise-canceling headphones
- Choose soft, comfortable clothing
- Plan regular sensory breaks
- Use sunglasses in bright environments
- Communicate your needs to others

FOR UNDER-RESPONSIVE AREAS

- Add movement throughout your day
- Use fidget tools or stress balls
- Try weighted blankets or lap pads
- Incorporate crunchy or chewy snacks
- Use visual reminders and timers
- Engage in heavy work activities

