

Sensory sensitivities

Write down any examples of where you are sensitive to stimuli or unusually aware. For body senses, you may be sensitive, or you may instead find it hard to notice these sensations or body awareness.

Then, add any positive sensations that help to calm or soothe you.

Body senses

Interoception heart rate, breathing, hunger, thirst, temperature, tiredness or energy level, needing the loo	Sensitive: Soothing:
Vestibular Balance, sense of movement, orientation in space	Sensitive: Soothing:
Proprioception Coordination, posture, position of limbs, hands and feet, spatial awareness	Sensitive: Soothing:

A neuroaffirmative life coach who listens without judgement to create safe, creative thinking spaces. Remarkable conversations for breakthrough moments. Transformative changes for deep, lasting impacts. If you can't think it through on your own, I'll help you make it happen.

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External senses

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