

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	<div>Sensitive:</div> <div>Soothing:</div>
Vestibular Balance, sense of movement, orientation in space	<div>Sensitive:</div> <div>Soothing:</div>
Proprioception Coordination, posture, position of limbs, hands and feet, spatial awareness	<div>Sensitive:</div> <div>Soothing:</div>

Sound Noise, conversation, focus, eating sounds, hearing things other people don't notice, volume, sound texture or quality, machinery	Sensitive: Soothing:
Sight Brightness, patterns, warm or cold light hue, movement, flashing	Sensitive: Soothing:
Smell Foods, places, animals, products, perfume, body smells, waste	Sensitive: Soothing:

Let's start your own remarkable conversation: guilmantcushcoaching.co.uk guilmantcushcoaching@gmail.com

Taste Foods, drinks, medicines, healthcare products	Sensitive: Soothing:
Touch Being touched, hugging, warmth/cold, textures, seams or tags, clothing and fabrics, wet or dryness, food textures, face or body creams	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.

Let's start your own remarkable conversation: guilmantcushcoaching.co.uk guilmantcushcoaching@gmail.com