

## Sensory Patterns – Cracking you own Code

It is important to understand the different ways you react to sensory experiences. Every person responds to sensory information with different intensities. Once you begin to understand your sensory patterns then you understand the patterns of those around you better creating a more enriched life! Also, understanding your own patterns explains why you may do something a certain way, have a certain routine, or be able to adjust a new way of doing something!

<h3>SEEKERS</h3> <ul style="list-style-type: none"> <li>• Seekers can't get enough</li> <li>• They want more: more flavor, more color, more touch!</li> <li>• Whatever a seeker likes they want more of</li> <li>• They love sensation and are happier when they have more of their favorite sensations</li> <li>• They create sensation for themselves</li> <li>• The challenge is that all of this seeking can interrupt the flow of a day</li> </ul>	<h3>BYSTANDER</h3> <ul style="list-style-type: none"> <li>• Need more sensory input than others</li> <li>• Need things louder, faster, brighter, smellier</li> <li>• They can be unaware or oblivious to surroundings and people</li> <li>• They need intense sensory input to notice what is going on</li> <li>• They don't notice some sensory information so it takes a lot to concern them</li> <li>• The challenges is that sometimes needed information is missed</li> </ul>
<p>You know you are a SEEKER if:</p> <ul style="list-style-type: none"> <li>○ You make noises with your mouth</li> <li>○ Touch others when talking</li> <li>○ Select intense sport activities</li> <li>○ Wear strong perfume</li> <li>○ Like spicy foods</li> <li>○ Walk around barefoot</li> </ul>	<p>You know you are a BYSTANDER if:</p> <ul style="list-style-type: none"> <li>○ You are easy going</li> <li>○ Not bothered by disruptions</li> <li>○ Do not notice dirt on your hands/face</li> <li>○ Seem clumsy</li> <li>○ Have to called several times to get your attention</li> <li>○ Your clothing is twisted or crooked</li> </ul>
<p>What SEEKING things do you know about your own life?</p> <ul style="list-style-type: none"> <li>✓</li> <li>✓</li> <li>✓</li> <li>✓</li> <li>✓</li> </ul>	<p>What BYSTANDER things do you know about your own life?</p> <ul style="list-style-type: none"> <li>✓</li> <li>✓</li> <li>✓</li> <li>✓</li> <li>✓</li> </ul>

<p style="text-align: center;"><b>AVOIDER</b></p> <ul style="list-style-type: none"> <li>• Avoiders love order and routine – they love to do things the same way every time</li> <li>• They do not like new experiences – when things change too quickly they become uncomfortable</li> <li>• Avoiders want to control the amount of sensory input they receive</li> <li>• They will shy away from social situations and situations that are less predictable</li> <li>• They withdraw and are often seen as stubborn and controlling</li> <li>• The challenge is that unless the Avoider can manage the situation, they will be overwhelmed and anxious</li> </ul>	<p style="text-align: center;"><b>SENSOR</b></p> <ul style="list-style-type: none"> <li>• Sensors notice most sensory info around them</li> <li>• They have very precise ideas about what is loud enough, bright enough, soft enough</li> <li>• They will often comment about the scent of someone’s perfume or the volume of the TV</li> <li>• Sensors can be easily distracted</li> <li>• Since they are sensitive to what is going on around them, they can detect a change in someone’s mood or a circumstance</li> <li>• The challenge with a Sensor is that they can be easily overwhelmed by all the sensory info and will vocal about it which can pose an imposition</li> </ul>
<p>You know you are an AVOIDER if:</p> <ul style="list-style-type: none"> <li>○ You leave the room when a crowd starts to gather</li> <li>○ You don’t like finger foods and wash your hands often</li> <li>○ Have narrow food choices</li> <li>○ Move away from people wearing perfume</li> <li>○ You avoid escalators/elevators</li> <li>○ You select solitary activities</li> </ul>	<p>You know you are a SENSOR if:</p> <ul style="list-style-type: none"> <li>○ You are distracted by sounds</li> <li>○ Startle more easily than others</li> <li>○ Pick the same foods at restaurants</li> <li>○ Can describe the details of foods in your mouth</li> <li>○ Get motion sickness</li> <li>○ Have trouble working in noisy environments</li> </ul>
<p>What AVOIDING things do you know about your own life?</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>	<p>What SENSOR things do you know about your own life?</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>

Adapted from the book: Living Sensationally: Understanding Your Senses by Winnie Dunn 2008