

Sensory Preference Assessment

Copyright ©Arlene R. Taylor PhD 1984–2009 (last revision) Realizations Inc

www.arlenetaylor.org

Instructions: Read each statement. **If it applies to you at least 75% of the time, mark the box.** Otherwise, leave blank and move to the next statement. Add the number of boxes marked and record at the end of each column.

Column 1	Column 2	Column 3
<ul style="list-style-type: none"> <input type="checkbox"/> I learn a lot about people from their voices (e. g., tone, volume, speed of speech, inflection) <input type="checkbox"/> Sounds catch my attention quickly <input type="checkbox"/> I talk to myself frequently, silently, under my breath, or aloud <input type="checkbox"/> I keep up with current events by listening to radio news more than by watching television <input type="checkbox"/> I would rather listen to a recorded book than read it <input type="checkbox"/> Others consider me chatty or may even say that I talk too much <input type="checkbox"/> I tend to “hear” the author’s voice when reading written communication from people I know well <input type="checkbox"/> Strange noises or rattles in my vehicle or house annoy or worry me <input type="checkbox"/> I talk to my pets as to close friends <input type="checkbox"/> I use rhyming words to help me remember names or labels <input type="checkbox"/> Jingles and acronyms help me to recall information <input type="checkbox"/> I study for exams by verbalizing my notes / key points aloud <input type="checkbox"/> I repeat new words to myself to help fix them in memory <input type="checkbox"/> I enjoy humming, whistling, or singing (alone or in a group) <input type="checkbox"/> I especially appreciate musical programs, concerts, or recordings <input type="checkbox"/> I like listening to talk shows or interview programs <input type="checkbox"/> I often enjoy verbal discussions in person or by phone / ham-radio <input type="checkbox"/> I am usually considered an attentive listener <input type="checkbox"/> I enjoy listening to recorded books, CDs, MP3, iPod, et cetera <input type="checkbox"/> I can’t stand the sound of jangling keys or a dripping faucet <input type="checkbox"/> I often use expressions such as “that sounds right” or “I hear you” 	<ul style="list-style-type: none"> <input type="checkbox"/> I like to control the lighting in my environment (e g., dimmers, spotlights, up-lights, mood) <input type="checkbox"/> I purchase items primarily based on looks and visual appeal <input type="checkbox"/> I tend to select clothes because they look good or sharp <input type="checkbox"/> I avoid wearing anything mismatched in color, pattern, or design <input type="checkbox"/> I like to keep my vehicle washed, waxed, and looking good <input type="checkbox"/> I prefer a map to receiving verbal or printed directions <input type="checkbox"/> When eating, the presentation of the food, table, and environment is very important <input type="checkbox"/> I learn a lot about people from their appearance <input type="checkbox"/> I often see something before I hear, sense, or feel it <input type="checkbox"/> I rarely bump into or stumble over objects I didn’t see <input type="checkbox"/> I prefer to see people when communicating with them <input type="checkbox"/> When shopping, I want products clearly and attractively displayed <input type="checkbox"/> I prefer pets that I can watch (e.g., fish in a tank, birds) <input type="checkbox"/> I often say things like “That’s crystal clear,” or “I see what you mean” <input type="checkbox"/> A picture or diagram is worth a thousand words <input type="checkbox"/> I prefer to watch TV, movies / DVDs rather than read the book or script <input type="checkbox"/> I prefer books and magazines that contain colorful illustrations <input type="checkbox"/> I really enjoy looking at photo albums <input type="checkbox"/> It’s important that my living and work spaces look visually attractive <input type="checkbox"/> Mirrors are important fixtures in my home <input type="checkbox"/> When selecting a place to live, the available view is of major concern 	<ul style="list-style-type: none"> <input type="checkbox"/> I am very sensitive to odors, tastes, temperature, and textures <input type="checkbox"/> I can usually recognize objects quite easily by touch, even in the dark <input type="checkbox"/> I select clothes because they are comfortable to wear and feel good <input type="checkbox"/> Room and comfort are very important considerations in buying a vehicle <input type="checkbox"/> I prefer frequent changes in body position and move often <input type="checkbox"/> I often use expressions such as “That fits” or “I’ve got a handle on it” <input type="checkbox"/> I enjoy getting physical exercise (e. g., walking, hiking, cycling, jogging) <input type="checkbox"/> I like to work out and / or take jazzercise or yoga classes <input type="checkbox"/> I’d rather participate in sports than observe others playing <input type="checkbox"/> I enjoy soaking in the tub or basking in the warm sunshine <input type="checkbox"/> I like to receive and / or give back rubs and massages <input type="checkbox"/> I enjoy touching and hugging my friends <input type="checkbox"/> I readily learned the touch method for keyboard and/or data entry systems <input type="checkbox"/> I have excellent physical coordination <input type="checkbox"/> I learn a lot about people from their handshakes, hugs, or touch <input type="checkbox"/> I often tap my toes or want to move my body to music or a beat <input type="checkbox"/> I like to hold babies or pets that I can touch, stroke, and cuddle <input type="checkbox"/> I especially enjoy making things with my hands (e.g., woodwork, carving, crocheting, knitting, sewing, finger painting, various crafts) <input type="checkbox"/> I prefer being outdoors rather than indoors whenever possible <input type="checkbox"/> Above all, my furniture must be comfortable <input type="checkbox"/> I prefer my home and vehicles to be climate controlled for comfort
<p>Total # boxes marked = _____ / 21</p>	<p>Total # boxes marked = _____ / 21</p>	<p>Total # boxes marked = _____ / 21</p>