

# Sensory Preference Assessment

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## Instructions

Read each statement. If it applies to you **the majority of the time**, mark the box in front of it. Otherwise, leave the box blank and move to the next statement. Record number of boxes marked at the end of each column.

- ☐ I learn a lot about people from their voices (e. g., tone, volume, speed of speech, inflection)
- ☐ Sounds catch my attention quickly
- ☐ I talk to myself frequently, silently, under my breath, or aloud
- ☐ I keep up with current events by listening to radio news more than by watching television
- ☐ I would rather listen to a recorded book than read it
- ☐ Others consider me chatty or may even say that I talk too much
- ☐ I tend to “hear” the author’s voice when reading written communication from people I know well
- ☐ Strange noises or rattles in my vehicle or house annoy or worry me
- ☐ I talk to my pets as to close friends
- ☐ I use rhyming words to help me remember names or labels
- ☐ Jingles and acronyms help me to recall information
- ☐ I study for exams by verbalizing my notes / key points aloud
- ☐ I repeat new words to myself to help fix them in memory
- ☐ I enjoy humming, whistling, or singing (alone or in a group)
- ☐ I especially appreciate musical programs, concerts, or recordings
- ☐ I like listening to talk shows or interview programs
- ☐ I often enjoy verbal discussions in person or by phone / ham-radio
- ☐ I am usually considered an attentive listener
- ☐ I enjoy listening to recorded books, CDs, MP3, iPod, et cetera
- ☐ I can’t stand the sound of jangling keys or a dripping faucet
- ☐ I often use expressions such as “that sounds right” or “I hear you”

Total # boxes marked = \_\_\_\_\_ / 21

- ☐ I like to control the lighting in my environment (e g., dimmers, spotlights, up-lights, mood)
- ☐ I purchase items primarily based on looks and visual appeal
- ☐ I tend to select clothes because they look good or sharp
- ☐ I avoid wearing anything mismatched in color, pattern, or design
- ☐ I like to keep my vehicle washed, waxed, and looking good
- ☐ I prefer a map to receiving verbal or printed directions
- ☐ When eating, the presentation of the food, table, and environment is very important
- ☐ I learn a lot about people from their appearance
- ☐ I often see something before I hear, sense, or feel it
- ☐ I rarely bump into or stumble over objects I didn’t see
- ☐ I prefer to see people when communicating with them
- ☐ When shopping, I want products clearly and attractively displayed
- ☐ I prefer pets that I can watch (e.g., fish in a tank, birds)
- ☐ I often say things like “That’s crystal clear,” or “I see what you mean”
- ☐ A picture or diagram is worth a thousand words
- ☐ I prefer to watch TV, movies / DVDs rather than read the book or script
- ☐ I prefer books and magazines that contain colorful illustrations
- ☐ I really enjoy looking at photo albums
- ☐ It’s important that my living and work spaces look visually attractive
- ☐ Mirrors are important fixtures in my home
- ☐ When selecting a place to live, the available view is of major concern

Total # boxes marked = \_\_\_\_\_ / 21

- ☐ I am very sensitive to odors, tastes, temperature, and textures
- ☐ I can usually recognize objects quite easily by touch, even in the dark
- ☐ I select clothes because they are comfortable to wear and feel good
- ☐ Room and comfort are very important considerations in buying a vehicle
- ☐ I prefer frequent changes in body position and move often
- ☐ I often use expressions such as “That fits” or “I’ve got a handle on it”
- ☐ I enjoy getting physical exercise (e. g., walking, hiking, cycling, jogging)
- ☐ I like to work out and / or take jazzercise or yoga classes
- ☐ I’d rather participate in sports than observe others playing
- ☐ I enjoy soaking in the tub or basking in the warm sunshine
- ☐ I like to receive and / or give back rubs and massages
- ☐ I enjoy touching and hugging my friends
- ☐ I readily learned the touch method for keyboard and/or data entry systems
- ☐ I have excellent physical coordination
- ☐ I learn a lot about people from their handshakes, hugs, or touch
- ☐ I often tap my toes or want to move my body to music or a beat
- ☐ I like to hold babies or pets that I can touch, stroke, and cuddle
- ☐ I especially enjoy making things with my hands (e.g., woodwork, carving, crocheting, knitting, sewing, finger painting, various crafts)
- ☐ I prefer being outdoors rather than indoors whenever possible
- ☐ Above all, my furniture must be comfortable
- ☐ I prefer my home and vehicles to be climate controlled for comfort

Total # boxes marked = \_\_\_\_\_ / 21

## Explanation of Sensory Preference Assessment scores

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Write total score for each column in the correct box below:

Column 1: _____ / 21	Column 2: _____ / 21	Column 3: _____ / 21
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The highest score on the Sensory Preference Assessment usually represents your overall sensory preference, unless you have adapted away from it for some reason. Remember that you use all of your senses most (if not all) of the time. Sensory preference refers to the type of sensory stimuli that registers in your brain most quickly and intensely. Those type of sensory stimuli usually require the least amount of energy expenditures to decode them (make sense of them) in the brain.

- Column 1 is Auditory
- Column 2 is Visual
- Column 3 is Kinesthetic.

If two scores are tied, one of the scores likely represents your sensory preference, while the other represents skills you've developed in order to relate to someone significant in your life. If one of the tied scores is kinesthesia, consider the possibility that your innate preference is kinesthetic and that for some reason, you have increased skills in another sensory system.

If all scores are equal, you may have developed higher numbers of skills in other sensory systems due to lack of opportunity to use your own preference, a perceived necessity to relate to a specific person or environment, or because of being punished or shamed for your own preference.

Sometimes Adverse Childhood Experiences (ACE's) interfere with who you are innately, leading you to try and "become" the person that adults expect you to be, and in the process you lose who you really are innately. Use your scores as a starting point for evaluating your sensory history. Try to uncover and identify factors that may have pushed you away from your sensory preference.