

# LET'S TALK ABOUT SENSORY DIFFERENCES

When I am overstimulated...

When I am under stimulated...

My ideal % of alone/down time:

CONSIDER...

Sound	Light	Scent	Acknowledgement	
Space	Color	Feel	Conflict	Pace
Time	Process	Communication	Energy	
Movement				

My preferences:

My creative adaptations:

# WORTHINESS

Ground

Center

Clear

Connect

## Useful Language and Frameworks

Restorative Niches ([link](#))

Free Trait Agreement ([link](#))

Spoon Theory ([link](#))

"It's like I am allergic to..."

Sensory burnout/Autistic burnout ([link](#))

Compassion fatigue ([link](#)) and Vicarious trauma ([link](#))

Others:

**Sensory gifts = Sensory responsibility**



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COACHING

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