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A Self-Assessment Guide to Help Clients Identify Calming, Alerting, or Overwhelming Sensory Triggers in Treatment Settings

SENSORY MAPPING TOOL

USE THIS TOOL TO IDENTIFY SENSORY INPUTS THAT HELP YOU FEEL CALM, ALERT, OR OVERWHELMED. PLACE A  IN THE COLUMN THAT BEST DESCRIBES HOW EACH ENVIRONMENT OR SENSATION AFFECTS YOU. THIS TOOL CAN HELP YOUR CLINICIAN BETTER UNDERSTAND AND TAILOR YOUR TREATMENT SPACE AND APPROACH.

	 CALMING	 ALERTING	 OVERWHELMING
• BRIGHT LIGHTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• SOFT LIGHTING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• BACKGROUND NOISE (E.G., MUSIC, TALKING)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• COMPLETE SILENCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• FIDGET TOOLS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• BEING IN A GROUP SETTING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• ONE-ON-ONE CONVERSATION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• SITTING STILL FOR A LONG TIME	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• ACCESS TO MOVEMENT BREAKS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• BEING TOUCHED (E.G., HANDSHAKE, PAT ON BACK)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• SCENTED ENVIRONMENTS (E.G., CANDLES, CLEANERS)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• OTHER SENSATIONS: E.G., CLOTHING TEXTURES, TEMPERATURE, BODY POSITION, OR EYE CONTACT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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