Your sensory *fingerprint.*

Every nervous system has its own settings. Knowing yours helps you plan around what drains you — and lean on what steadies you.

TWO DIRECTIONS

Seeking and avoiding

← AVOIDS — SEEKS →

Avoiding

Your system picks up this input strongly, so a little goes a long way. You might step back, cover up or turn it down.

You can be *both.*

Many people seek one sense and avoid another — or crave music on a calm day and can't stand it on a tired one.

Seeking

Your system wants more of this input to feel settled or alert. You might move, touch, taste or turn it up.

EIGHT SENSES, NOT FIVE

What it can look like

Neither end is wrong. Both are useful information about you.

Sight

Light, color, clutter

AVOIDER MIGHT…
dim screens and wear sunglasses indoors

SEEKER MIGHT…
love bright colors, lights and spinning things

Sound

Noise, voices, echo

AVOIDER MIGHT…
cover their ears or leave loud rooms

SEEKER MIGHT…
hum, play music loud, enjoy busy sound

Touch

Textures, tags, contact

AVOIDER MIGHT…
cut out tags and flinch at light touch

SEEKER MIGHT…
touch everything soft, smooth or bumpy

Smell

Scents, perfume, food

AVOIDER MIGHT…
catch faint smells and skip perfume aisles

SEEKER MIGHT…
sniff things and love strong scents

Taste

Flavor and food texture

AVOIDER MIGHT…
stick to a few plain, safe foods

SEEKER MIGHT…
crave spicy, sour or extra-crunchy food

Vestibular

Balance and motion

AVOIDER MIGHT…
feel queasy on swings, escalators or car rides

SEEKER MIGHT…
rock, spin or bounce to feel settled

Proprioception

Body position, pressure

AVOIDER MIGHT…
steer clear of rough play and tight hugs

SEEKER MIGHT…
love heavy blankets, stomping, firm squeezes

Interoception

Hunger, thirst, heartbeat

AVOIDER MIGHT…
find a racing heart or hunger pang alarming

SEEKER MIGHT…
chase strong signals: ice water, hard workouts

Continued on back →

YOUR TURN

My sensory map

Fill it in over a week or two. Pencil is good — your map can change with stress, sleep and season.

	TOO MUCH	JUST RIGHT / SOOTHING	TOOLS THAT HELP
Sight			
Sound			
Touch			
Smell			
Taste			
Vestibular balance, motion			
Proprioception body position			
Interoception inner signals			

PACK IT ONCE, USE IT OFTEN

Build a sensory kit

A small bag you keep by the door. Swap items in and out to match your map.



Headphones

or earplugs to turn the world down



Sunglasses

or a brimmed hat for harsh light



Fidget

something to squeeze, spin or click



Snack

a safe food, crunchy or chewy



Soft layer

a hoodie or scarf that feels safe



Scent

a familiar smell to mask others

Needs, *not quirks.* Using your kit in public is not rude or childish. It is how you stay present for the people and places you care about.