

The 10 Senses — and What They Actually Do



Vision (Sight)

Processes light, movement, color, and visual complexity.
Too much = screen fatigue, headaches, irritability.
Too little = boredom, mental dullness.

Hearing (Audition)

Processes tone, rhythm, volume, background noise.
Too much = overwhelm, agitation.
Too little = craving constant music or podcasts.

Smell (Olfaction)

Strongly tied to memory and emotional response.
Can trigger calm — or stress — instantly.

Taste (Gustation)

Detects flavor and nutrient signals.
Understimulated systems often crave intense sugar, salt, or crunch.

Touch (Tactile)

Processes pressure, texture, temperature on the skin.
Too much = sensitivity, irritation.
Too little = craving tight hugs, weighted blankets, deep pressure.

Vestibular (Balance & Movement)

Located in the inner ear.
Tracks motion, speed, head position.
Regulates alertness and calm.
Dysregulated = dizziness, restlessness, trouble focusing.

Proprioception (Body Position Awareness)

Tells your brain where your limbs are without looking.
Provides grounding and stability.
Deep pressure input (like strength training or squeezing something) calms the nervous system through this system.

Interoception (Internal Body Signals)

Tracks hunger, thirst, heartbeat, breath, temperature, gut sensations.
Underdeveloped interoception = not knowing you're stressed until you crash.

Nociception (Pain Detection)

Detects potential harm.
When hypersensitive, everything feels threatening.
When dulled, people push past limits until burnout.

Thermoception (Temperature Perception)

Detects heat and cold.
Cold exposure can increase alertness.
Warmth can activate parasympathetic calm.

Adult Sensory Style Self-Scoring Quiz

Instructions:

Rate each statement from 1–5

- 1 = Almost Never
 - 2 = Rarely
 - 3 = Sometimes
 - 4 = Often
 - 5 = Almost Always
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SECTION A — Sensory Seeking

1. I enjoy busy, lively environments (restaurants, events, group settings).
2. I like strong flavors, textures, or scents.
3. I feel energized by movement or physical activity.
4. I often multitask with background music or noise.
5. I get bored easily in quiet or low-stim settings.

Add your 5 scores = A Total: _____

SECTION B — Sensory Avoiding

6. I prefer predictable routines and environments.
7. I actively avoid crowded or noisy places.
8. I feel tense when there is too much going on around me.
9. I am particular about clothing textures or environmental comfort.
10. I plan ahead to reduce chaos or overstimulation.

Add your 5 scores = B Total: _____

SECTION C — Sensory Sensitive

11. I notice subtle background noises others ignore.
12. I get distracted easily by visual clutter or movement.
13. Bright lights or strong smells bother me quickly.
14. I feel emotionally affected by environmental changes.
15. I fatigue quickly in busy environments.

Add your 5 scores = C Total: _____

SECTION D — Low Registration

16. I sometimes miss when someone calls my name.
17. I don't always notice small injuries or discomfort right away.
18. I can tune out background chaos easily.
19. I need reminders or alarms to stay on task.
20. People sometimes say I seem "in my own world."

Add your 5 scores = D Total: _____



Scoring Interpretation

Each section ranges from 5–25

20–25 → Strong pattern

14–19 → Moderate tendency

5–13 → Low tendency

You may score high in more than one area. That's normal.



What Your Highest Score Suggests

Highest A → You thrive on stimulation.

Stress may come from boredom or restriction.

Highest B → You regulate stress by reducing input.

Burnout often shows up as withdrawal.

Highest C → Your nervous system detects everything.

Stress may come from overload and emotional saturation.

Highest D → You may under-register cues.

Stress may build quietly before you notice it.