

Adolescent / Adult Sensory Processing Disorder Checklist

Check off the following "behaviors" and sensory preferences if they are a part of YOUR life, and rate how often each applies to you, on a scale of 0-5 ("0" being NEVER, "5" being ALWAYS)

Sensory Modulation:

- _____ bothered by clothes; certain materials, tags, seams, pantyhose, ties, belts, turtlenecks, have to wear shorts, skirts, or pants exclusively, etc.
- _____ bothered by "light touch"; someone lightly touching/rubbing your hand, face, leg or back
- _____ excessively ticklish
- _____ distressed by others touching you; would rather be the "toucher" than the "touchee", difficulty "snuggling" with your partner
- _____ have to fidget and "fiddle" with things all the time; change in your pocket, your keys, a pen/pencil, paper clip, rubber band, ANYTHING within reach
- _____ often touching and twisting your own hair
- _____ very sensitive to pain, especially as compared to others
- _____ don't seem to notice pain; get shots/cuts/bruises and hardly feel a thing
- _____ dislike the feeling of showers or getting splashed
- _____ difficulty going to the beach; the sand blowing on your skin or getting on your body
- _____ avoid touching anything "messy"; if you do, you have to go wash your hands right away and/or only touch it with your fingertips
- _____ can not wear new or "stiff" clothes that have not been washed or soaked in fabric softener
- _____ hate to be barefoot or hate to wear shoes and/or socks
- _____ frequently get car sick, air sick, motion sick
- _____ a thrill seeker; loves fast and/or dangerous rides, leisure activities, and sports
- _____ difficulty riding on elevators, escalators, or moving sidewalks
- _____ avoid amusement park rides that spin or go upside down

- _____ seek out fast, spinning, and/or upside down carnival rides
- _____ will often rock or sway body back and forth while seated or standing still
- _____ frequently tips chair on back two legs
- _____ restless when sitting through a lecture, presentation, or movie
- _____ constantly chews on ends of pens and pencils
- _____ smokes cigarettes
- _____ difficulty eating foods with mixed textures, or one particular texture
- _____ prefer foods with very strong tastes and flavors
- _____ prefer very bland foods, dislike anything spicy
- _____ has a diagnosed eating disorder or has major eating "sensitivities"
- _____ constantly biting nails or fingers
- _____ bites lips or inside of cheeks
- _____ frequently shake your leg while sitting or falling asleep
- _____ love to sleep with multiple or heavy blankets on top of you
- _____ seek out crashing and "squishing" activities
- _____ cracks knuckles often
- _____ loves crunchy foods (popcorn, carrots, chips, nuts, pretzels, etc.)
- _____ frequently have gum or hard candy in your mouth
- _____ has an "endless" supply of air fresheners, scented candles, odor masking sprays, etc.
- _____ becomes nauseated or gags from certain cooking, cleaning, perfume, public restroom, or bodily odors
- _____ identifies objects by smell, have to smell everything, judge whether you like something or someone by smell
- _____ becomes overstimulated / overaroused when people come to the house or in crowded

places

- _____ very high or very low energy level
- _____ avoids crowds and plans errands at times when there will be fewer people
- _____ overly excited/aroused in group settings
- _____ hides or disappears when guests come over
- _____ substance abuse
- _____ drinks excessive amounts of coffee or caffeinated beverages
- _____ notice and bothered by noises other people do not seem bothered by... clocks, refrigerators, fans, people talking, outdoor construction, etc.
- _____ sensitive to loud sounds or commotion
- _____ easily distracted by auditory or visual stimuli
- _____ can not attend certain public events or places due to excessive noise

Sensory Discrimination:

- _____ can't identify objects by feel if your eyes are closed
- _____ difficulty finding things in your purse or pocket without looking
- _____ don't seem to notice if your hands or face are dirty
- _____ bothered by hands or face being dirty
- _____ loves to touch and be touched, has to touch everything
- _____ have a hard time feeling where a bug has bitten you or whether you are being bitten
- _____ difficulty heating food to the correct temperature, feeling if it is too hot or too cold
- _____ difficulty locating items in a cupboard, drawer, in your closet, or on a grocery shelf
- _____ difficulty with recognizing/interpreting/following traffic signs
- _____ difficulty judging distances about where your car is in relation to other cars, in parking spaces, or near a curb (fail miserably at parallel parking!!)
- _____ difficulty merging into oncoming traffic on road, rotary, or highway
- _____ get disoriented and/or lost easily in stores, buildings, hiking, etc.
- _____ can't sleep if room isn't completely dark

- _____ fearful of heights
- _____ difficulty concentrating on or watching a movie/tv show when there is background noise or distractions
- _____ difficulty remembering or understanding what is said to you
- _____ difficulty following directions if given two or three at one time
- _____ can not complete concentrated tasks if noises present
- _____ sensitive, or over reacts, to sirens, dogs barking, vaccuum cleaners, blenders, or other sudden/loud sounds
- _____ talks too loud or too soft
- _____ lethargic, hard to get going, appears "lazy" and unmotivated
- _____ become engrossed in one single activity for a long time and seems to tune out the rest of their environment
- _____ spend hours at a time on fantasy or video games and activities
- _____ great difficulty settling body down for sleep or waking up in the morning (did you even hear the alarm that has been going off for 15 minutes?)
- _____ has difficulty licking an ice cream cone neatly
- _____ difficulty with speech and annunciation
- _____ bumps into things frequently
- _____ often pushes too hard on objects, accidentally breaking them
- _____ difficulty judging how much pressure to apply when doing tasks or picking something up
- _____ difficulty identifying which key on your ring belongs to what
- _____ numbers and letters often reversed or backwards
- _____ difficulty telling time on an analogue clock
- _____ difficulty reading and understanding a map, bus schedule, directions
- _____ difficulty organizing and grouping things by categories, similarities, and/or differences
- _____ can't seem to find words in word search puzzles
- _____ unable to identify foods that have gone bad by smell
- _____ difficulty being able to smell dangerous smells, i.e., smoke, noxious/hazardous solvents
- _____ difficulty being able to smell when something is burning on the stove or in the oven
- _____ difficulty distinguishing different tastes and/or flavors of food and/or drink items

Sensory-Based Motor Skills:

- _____ difficulty learning to ride a bike or other "moving" equipment
- _____ clumsy, uncoordinated, and accident prone
- _____ difficulty walking on uneven surfaces
- _____ difficulty with fine motor tasks such as buttoning, zipping, tying, knitting, sewing, playing games with small parts, closing zip loc bags
- _____ confuses right and left sides
- _____ prefers sedentary tasks, avoiding sports or physical activities
- _____ difficulty with handwriting; hard to read, takes a long time to write
- _____ frequently bumps into people and things
- _____ easily fatigued with physical tasks
- _____ frequently misses when putting objects on a table
- _____ messy eater, difficulty with eating utensils, spills and drops food
- _____ knocks drinks or other things over when reaching for them
- _____ frequently drops items
- _____ has to talk self through tasks
- _____ hums or vocalizes while concentrating on a task
- _____ significant difficulty learning to tie a tie
- _____ difficulty with motor tasks requiring several steps
- _____ difficulty lining up numbers correctly for math problems and/or balancing a checkbook
- _____ difficulty learning new motor tasks...a new dance, sport or exercise activity, how to drive
- _____ lose balance frequently
- _____ significant difficulty learning to type the "proper" way

Social / Emotional:

- _____ dislikes changes in plans or routines, needs structure
- _____ may be described as "stubborn", "defiant", or "uncooperative"
- _____ cries easily, over things others usually don't, very "emotional" and "sensitive"
- _____ can't seem to finish anything
- _____ difficulty making decisions
- _____ rigid and controlling
- _____ prefers solitary activities, avoids groups

- _____ impatient and/or impulsive
- _____ difficulty with social cues and non verbal language
- _____ difficulty with authority figures
- _____ trouble relating to and socializing with peers and colleagues
- _____ a "sore loser"
- _____ strong feelings of anger or rage
- _____ easily frustrated
- _____ needs sameness and routines; needs to know what to expect
- _____ have panic or anxiety attacks
- _____ plagued by fears and/or phobias
- _____ OCD-type qualities; can't let foods touch each other on your plate, have to wear clothes a certain way, will only do _____, repetitively does _____, can not do _____ without doing _____, has to have _____ like _____
- _____ distractible and unorganized
- _____ hates surprises
- _____ difficulty seeking out and maintaining relationships
- _____ avoids eye contact

Internal Regulation:

- _____ difficulty falling asleep or getting on a sleep schedule
- _____ heart rate speeds up, and won't slow down when at rest, or won't speed up for tasks that require a higher heart rate
- _____ respiration too fast or slow for the appropriate state of arousal
- _____ over or under sensitivity to bowel and bladder sensations
- _____ over or under sensitivity to the sensation of hunger/appetite
- _____ irregular, inconsistent bowel, bladder and appetite sensations
- _____ difficulty with temperature regulation of body

