

# Sensory Preference Assessment

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 (With acknowledgment of work by Donald J. Moine PhD and input from I. Katherine Benziger PhD)  
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## Instructions

Read each statement. **If it applies to you at least 75% of the time**, mark the box in front of it. Otherwise, leave the box blank and move on to the next statement.  
 Add the total number of marked boxes in each column and record your score below.

<ul style="list-style-type: none"> <li><input type="checkbox"/> I learn a lot about people from their voice (e. g., sound, tone, volume, inflection)</li> <li><input type="checkbox"/> Sounds usually catch my attention quickly</li> <li><input type="checkbox"/> I talk to myself frequently, aloud, under my breath, and/or in whispers</li> <li><input type="checkbox"/> I keep up with current events by listening to radio news more than by watching television</li> <li><input type="checkbox"/> I would rather listen to an audiocassette or CD than read a book</li> <li><input type="checkbox"/> Others consider me chatty or sometimes say that I talk too much</li> <li><input type="checkbox"/> I tend to “hear” the voice of the author when reading a personal e-mail or letter</li> <li><input type="checkbox"/> Strange noises, rattles, or repetitive sounds in my vehicle or house annoy/worry me</li> <li><input type="checkbox"/> I talk to my pets as I would to close friends</li> <li><input type="checkbox"/> I use rhyming words to help me remember names, labels, dates, or other facts</li> <li><input type="checkbox"/> Jingles and acronyms help me to recall information</li> <li><input type="checkbox"/> I study for exams by verbalizing my notes and/or key points aloud</li> <li><input type="checkbox"/> I repeat new words to myself to help fix them in memory</li> <li><input type="checkbox"/> I enjoy humming, whistling, or singing (alone or in a group)</li> <li><input type="checkbox"/> I especially appreciate musical programs or concerts</li> <li><input type="checkbox"/> Talk shows and interview programs appeal to me</li> <li><input type="checkbox"/> I often enjoy verbal discussions including long telephone or ham-radio conversations</li> <li><input type="checkbox"/> I am usually considered an attentive listener</li> <li><input type="checkbox"/> I enjoy listening to audiocassettes, books on tape, records, and CDs</li> <li><input type="checkbox"/> I can’t stand the sound of jangling keys or a dripping faucet</li> <li><input type="checkbox"/> I often use expressions such as: “sounds right, I hear you, keep your ears open”</li> </ul> <p>Total # boxes marked = _____ / 21</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I like to control the lighting in my environment (e g., dimmer controls, spotlights, uplights, mood lighting)</li> <li><input type="checkbox"/> I purchase items primarily based on looks/visual appeal</li> <li><input type="checkbox"/> I tend to select clothes because they look good/sharp</li> <li><input type="checkbox"/> I avoid wearing clothing that is mismatched in color, pattern, or design</li> <li><input type="checkbox"/> I like to keep my vehicle washed, waxed, and looking good</li> <li><input type="checkbox"/> I prefer a map to receiving verbal or printed directions</li> <li><input type="checkbox"/> When eating, the presentation of the food/table/environment is very important</li> <li><input type="checkbox"/> I learn a lot about people from their appearances</li> <li><input type="checkbox"/> I often see something before I hear, sense, or feel it</li> <li><input type="checkbox"/> I rarely bump into or stumble over objects that I didn’t see</li> <li><input type="checkbox"/> I prefer to see people when communicating with them</li> <li><input type="checkbox"/> When shopping, I want the products to be clearly and attractively displayed</li> <li><input type="checkbox"/> I prefer pets that I can watch (e.g., fish in a tank, birds)</li> <li><input type="checkbox"/> I often say things like: “the light just went on, I see what you mean, looks okay to me”</li> <li><input type="checkbox"/> A picture or diagram is worth a thousand words</li> <li><input type="checkbox"/> I prefer to watch TV, movies, videos, or DVDs rather than read the book or script</li> <li><input type="checkbox"/> I prefer books/magazines that contain graphs, pictures, or colorful illustrations</li> <li><input type="checkbox"/> I really enjoy looking at photo albums</li> <li><input type="checkbox"/> It’s important that my living / work spaces look visually attractive</li> <li><input type="checkbox"/> Mirrors are important fixtures in my home</li> <li><input type="checkbox"/> When selecting a place to live, the view from my abode is of major concern</li> </ul> <p>Total # boxes marked = _____ / 21</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I’m very sensitive to odor, taste, temperature, and texture</li> <li><input type="checkbox"/> I can usually recognize objects quite easily by touch in the dark</li> <li><input type="checkbox"/> I tend to select clothes because they feel good and are comfortable to wear</li> <li><input type="checkbox"/> If purchasing a vehicle, room and comfort are very important considerations</li> <li><input type="checkbox"/> I prefer frequent changes in body position and move often</li> <li><input type="checkbox"/> I often use expressions such as: “my sense is, that fits, I’ve got a handle on it”</li> <li><input type="checkbox"/> I enjoy getting physical exercise (e. g., walking, hiking, cycling, jogging)</li> <li><input type="checkbox"/> I like to work out and/or take jazzercise or yoga classes</li> <li><input type="checkbox"/> I’d rather participate in sports than observe others playing</li> <li><input type="checkbox"/> I enjoy soaking in the tub or basking in the warm sunshine</li> <li><input type="checkbox"/> I like to receive and/or give back rubs and massages</li> <li><input type="checkbox"/> I enjoy touching and hugging my friends</li> <li><input type="checkbox"/> I readily learned the touch method for keyboards and/or data entry systems</li> <li><input type="checkbox"/> I have good physical coordination</li> <li><input type="checkbox"/> I learn a lot about people from their handshakes, hugs, or touch</li> <li><input type="checkbox"/> I often tap my toes or feel like moving my body (e.g., dancing) to music/a beat</li> <li><input type="checkbox"/> I like to hold babies or pets that I can touch, stroke, and cuddle</li> <li><input type="checkbox"/> I especially enjoy making things with my hands (e.g., carving, sculpture, woodwork, crocheting, knitting, sewing, finger painting, various crafts)</li> <li><input type="checkbox"/> I prefer being outdoors over indoors whenever possible</li> <li><input type="checkbox"/> Above all, my furniture must be comfortable</li> <li><input type="checkbox"/> I prefer my home and vehicles to be climate controlled for comfort</li> </ul> <p>Total # boxes marked = _____ / 21</p>
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