

# Sensory Preference Assessment

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**Instructions:** Read each statement. **If it applies to you at least 75% of the time, mark the box.**

Otherwise, leave blank and move to the next statement. Add the number of boxes marked and record at the end of each column.

Column 1	Column 2	Column 3
<ul style="list-style-type: none"> <li><input type="checkbox"/> I learn a lot about people from their voices (e. g., tone, volume, speed of speech, inflection)</li> <li><input type="checkbox"/> Sounds catch my attention quickly</li> <li><input type="checkbox"/> I talk to myself frequently, silently, under my breath, or aloud</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 a recorded book than read it</li> <li><input type="checkbox"/> Others consider me chatty or may even say that I talk too much</li> <li><input type="checkbox"/> I tend to “hear” the author’s voice when reading written communication from people I know well</li> <li><input type="checkbox"/> Strange noises or rattles in my vehicle or house annoy or worry me</li> <li><input type="checkbox"/> I talk to my pets as to close friends</li> <li><input type="checkbox"/> I use rhyming words to help me remember names or labels</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 / 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, concerts, or recordings</li> <li><input type="checkbox"/> I like listening to talk shows or interview programs</li> <li><input type="checkbox"/> I often enjoy verbal discussions in person or by phone / ham-radio</li> <li><input type="checkbox"/> I am usually considered an attentive listener</li> <li><input type="checkbox"/> I enjoy listening to recorded books, CDs, MP3, iPod, et cetera</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 “that sounds right” or “I hear you”</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I like to control the lighting in my environment (e g., dimmers, spotlights, up-lights, mood)</li> <li><input type="checkbox"/> I purchase items primarily based on looks and visual appeal</li> <li><input type="checkbox"/> I tend to select clothes because they look good or sharp</li> <li><input type="checkbox"/> I avoid wearing anything 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, and environment is very important</li> <li><input type="checkbox"/> I learn a lot about people from their appearance</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 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 products 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 “That’s crystal clear,” or “I see what you mean”</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 / DVDs rather than read the book or script</li> <li><input type="checkbox"/> I prefer books and magazines that contain 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 and 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 available view is of major concern</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I am very sensitive to odors, tastes, temperature, and textures</li> <li><input type="checkbox"/> I can usually recognize objects quite easily by touch, even in the dark</li> <li><input type="checkbox"/> I select clothes because they are comfortable to wear and feel good</li> <li><input type="checkbox"/> Room and comfort are very important considerations in buying a vehicle</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 “That fits” or “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 keyboard and/or data entry systems</li> <li><input type="checkbox"/> I have excellent 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 want to move my body to music or 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., woodwork, carving, crocheting, knitting, sewing, finger painting, various crafts)</li> <li><input type="checkbox"/> I prefer being outdoors rather than 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>	<p>Total # boxes marked = _____ / 21</p>	<p>Total # boxes marked = _____ / 21</p>