Worksheet 7: Managing Sensory Overload in Conversations

Objective: To develop strategies for handling sensory sensitivities that impact communication.

Part 1: Identifying Sensory Triggers

Which of the following **sensory experiences** make communication harder for you? *(Check all that apply.)*

- ☐ Bright lights
- ☐ Loud background noise
- ☐ Multiple people talking at once
- ☐ Strong smells (perfume, food, cleaning products)
- ☐ Physical touch (crowds, handshakes, hugs)
- ☐ Uncomfortable clothing (tags, textures, tightness)
- ☐ Other: _____

Part 2: Coping Strategies

Match the **sensory challenge** to a **possible coping strategy** by drawing a line between them.

Sensory Challenge	Coping Strategy
Loud environments	Use noise-canceling headphones or earplugs
Bright lights	Wear tinted glasses or adjust lighting
Overwhelmed in a crowd	Step outside or take sensory breaks
Too many people talking	Focus on one speaker or use written notes
Strong smells distracting you	Carry a calming scent (like essential oils)

Part 3: Creating a Sensory Plan

Write one action you will take the next time you face sensory overload:

1. _____