Assessment

**General Modulation**

- atypical eating habits (very picky, eats at odd times, always wants to know 'what is for dinner', etc.
- unusual sleeping habits or sleep schedule (for a teen)
- hard to fall asleep in unfamiliar environments; may not do sleep-overs
- experience difficulty switching from one activity to another
- gets engrossed in one single activity (like video games) for a long time and seems to tune out everything else
- very high or very low energy level
- very resistant to change in daily life and surrounding environment
- must always be in control of environment and warn people what to do/not to do to be comfortable

**Over-Responsiveness**

- sensitive to the feel of certain fabrics or textures, especially with clothing
- bothered by clothes (tags, seams, ties, belts, turtlenecks)
- limited wardrobe; may wear shorts, skirts, or pants exclusively
- wear the same clothes for extended periods of time
- bothered by "light touch"; someone lightly touching/caressing skin
- excessively ticklish
- may shy away from hugs, or get irritated by them
- wash hands excessively (after touching certain objects or textures)
- dislike showers, baths or getting splashed
- hygiene issues; don't like the feel or smell of deodorant, soup, toothpaste, etc.
- discomfort from haircuts or hair brushing
- avoid touching messy objects, or other textures found to be undesirable
- can't stand to be dirty
- avoid foods with certain textures or flavors (limited diet)
- hesitant or avoidant of trying new foods
- must touch object with one hand if the other hand already touched it; balance touch sensations
- distressed by certain everyday odors
- irritated or overwhelmed when people come to the house or when in crowded places
- sensitive to noises that most people are not bothered by (microwaves, flushing toilets, fans, voices, vacuum cleaners, etc.)
- avoid using things that vibrate, or are brightly colored or flashing
- can't sleep if room isn't completely dark and/or quiet; wake up at the slightest noise or light
- distressed by bright lights or the sun
- afraid of heights
- motion sickness (from cars, planes, boats, amusement park rides, etc.)
- avoid crossing the midlines (moving arms/legs across the mid-section of body)
can get dizzy very easily
ears turn reddish when in a state of overload
clench fists and toes a lot
difficulty with noise, activities, and light in classrooms
overwhelmed, upset, or angry when over stimulated
don't go to parties or hang out with friends often
have a difficult time in stores, movie theaters, sporting events, concerts, etc.

Social and Emotional
dislike changes in routines, needing consistency
can be described as defiant, stubborn or uncooperative
very emotional and sensitive, crying or getting angry a lot
distressed when transitioning from one activity to another
may have separation anxiety (afraid to be alone or away from parents)
prone to having meltdowns and outbursts
may have excessive reflux, allergies, ear infections or digestion issues
need comfort objects (blanket, stuffed animal, etc.) to remain calm
engage in constant non-purposeful activities (spinning, rocking, staring at certain objects, etc)
not interested in hanging out with peers
wander around aimlessly a lot; often lost in thought
can't seem to finish projects or tasks
difficulty making decisions; often unsure or lack an opinion
seen as rigid, bossy, and controlling
prefer solitary activities over group participation
often impatient and/or impulsive
don't always register or understand social cues and non-verbal language
difficulty with authority figures
trouble relating to and socializing with peers
difficulty accepting defeat or forgiving self
frequently get angry or frustrated
depression
strongly prefer people with certain energy levels or voices (intonation, volume, pitch, etc.)
difficulty establishing eye contact, focusing on objects or tracking them with eyes
frequent panic or anxiety attacks
have many fears and/or phobias
can't let foods touch each other on a plate, have to wear clothes a certain way; have many OCD-like symptoms
easily distractible and often unorganized
easily startled
difficulty seeking out and maintaining relationships
don't have many (or any) friends
have not been on a date, or even considered dating