

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, soap, 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