

INFORMATION AND RESOURCES



ADDvanced Solutions
Supporting you to find the answers

My SPD, by

I have over-sensitivity to:		How it impacts me:
sound		
sight		
touch		
smell		
taste		
balance (vestibular)		
position (proprioception)		
Internal sensations (interoception)		
I have under-sensitivity to:		How it impacts me:
sound		
sight		
touch		
smell		
taste		
balance (vestibular)		
position (proprioception)		
Internal sensations (interoception)		