

## SENSORY CHALLENGE QUESTIONNAIRE

The Sensory Challenge Questionnaire can be completed by a high-functioning older child, teen, or young adult in identifying personal SNAFUs or as an interview guideline to assist you in exploring what is happening in your client's sensory world. Please feel free to duplicate the Sensory Challenge Questionnaire in this book or you can download it from [sensoryprocessingchallenges.com](http://sensoryprocessingchallenges.com)

### *Tactile*

What touch experiences are challenging for you?

Please consider activities such as wearing clothing and shoes, brushing teeth, washing face and hair, using lotion, being touched by others, getting hands messy, food textures, temperature and pain experiences, and so on.

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What touch experiences do you enjoy?

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*Auditory*

What sound experiences are challenging for you?

Please consider activities such as listening to people talking in both quiet and noisy situations, any annoying sounds, reactions to loud or unexpected noises, musical styles or musical instruments, ability to follow verbal directions, and so on.

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What sound experiences do you enjoy?

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*Visual*

What visual experiences are challenging for you?

Please consider visual demands such as reading, locating items in a crowded visual field, being in busy environments such as shopping malls, types of lighting (fluorescent, incandescent, downcast lights, sunshine, darkness, etc.), patterns, colors, contrasts, objects in your peripheral vision, watching moving objects, and so on.

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What visual experiences do you enjoy?

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*Gustatory (Taste) and Food*

What taste experiences are challenging for you?

Please consider tastes (sweet, salty, sour, bitter, and savory) as well as particular foods that you strongly dislike in terms of flavor, temperature, or texture (chewy, crunchy, dry and crumbly, slippery, mixed textures), and so on.

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What flavors and foods do you enjoy?

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*Olfactory (Smell)*

What smell experiences are challenging for you?

Please consider factors such as perfumes, body lotions, cleaning products, food aromas, garbage smells, nature scents, inanimate objects that have a particular smell, and so on.

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What smell experiences do you enjoy?

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*Vestibular (Movement)*

What movement experiences are challenging for you?

Please consider activities such as walking, running, climbing stairs, having your head upside down, spinning, swinging, sitting still, rocking, riding in a car, airplane or other mode of transportation, engaging in sports, and so on.

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What movement experiences do you enjoy?

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*Proprioception (Body Awareness)*

What proprioceptive experiences are challenging for you?

Please consider times when you feel uncoordinated, awkward, weaker than others, or “lost in space,” whether you look closely at

what you are doing, or whether it is hard for you to learn new activities like tying your shoelaces, riding a bike, skating, and so on.

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What proprioceptive experiences do you enjoy?

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