

## Questions to ask self when unsure why you are upset, and you think it may be the environment.

Is it the smell?

Is it the sounds?

Is it the brightness or flashing of lights?

Is it the low levels of light and darkness?

Is it the height?

Are lots of things moving past me quickly?

Is it the movement?

Are people bumping into me?

Is it hard to walk? E.g. uneven surfaces?

Does this remind me of something?

What am I thinking?

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Online Training:

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Sensory Modulation Resource Manual:

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