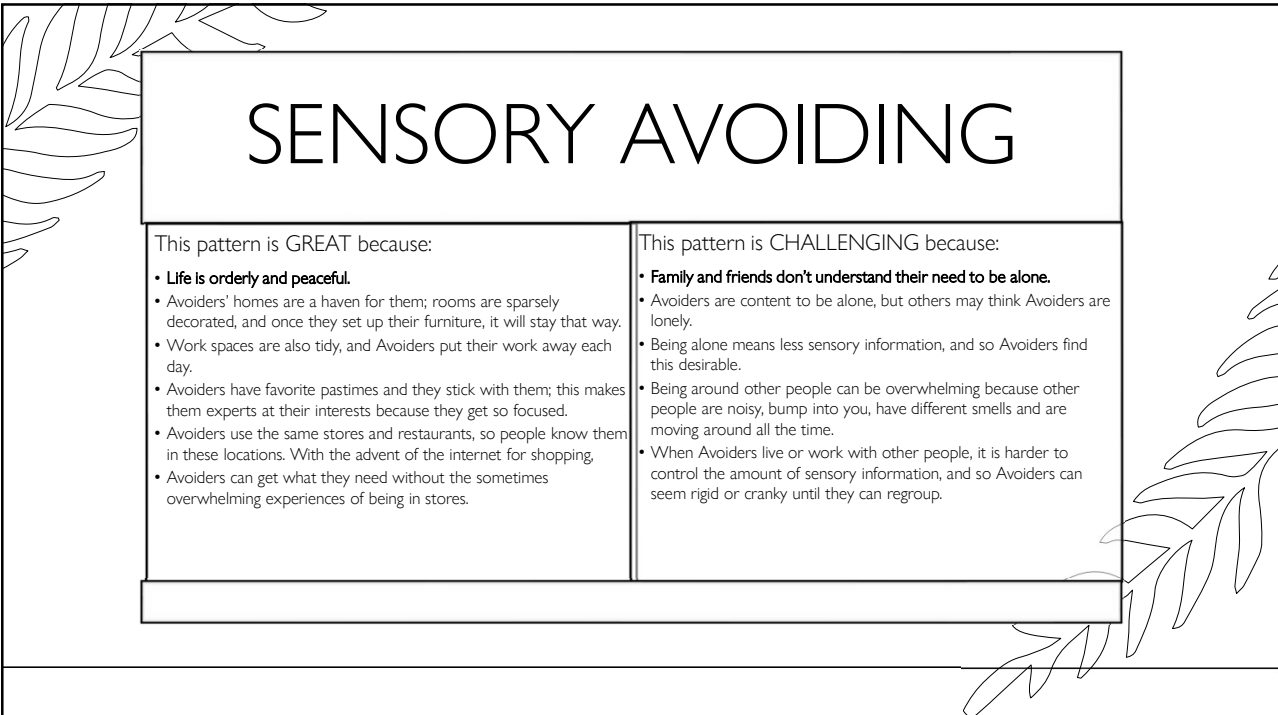


SENSORY SEEKING

<p>This pattern is GREAT because:</p> <ul style="list-style-type: none"> • You come up with new ideas • The seeking mind is focused on finding new and interesting sensations, so identifying innovations is easy. 	<p>This pattern is CHALLENGING because:</p> <ul style="list-style-type: none"> • All this seeking can interrupt the flow of the day. • Regular routines like getting ready, driving to work, or cleaning are predictable, and so might not contain enough sensations to meet the Seekers' needs. • Seekers might need to change their morning routine, or the path to work to keep it interesting.
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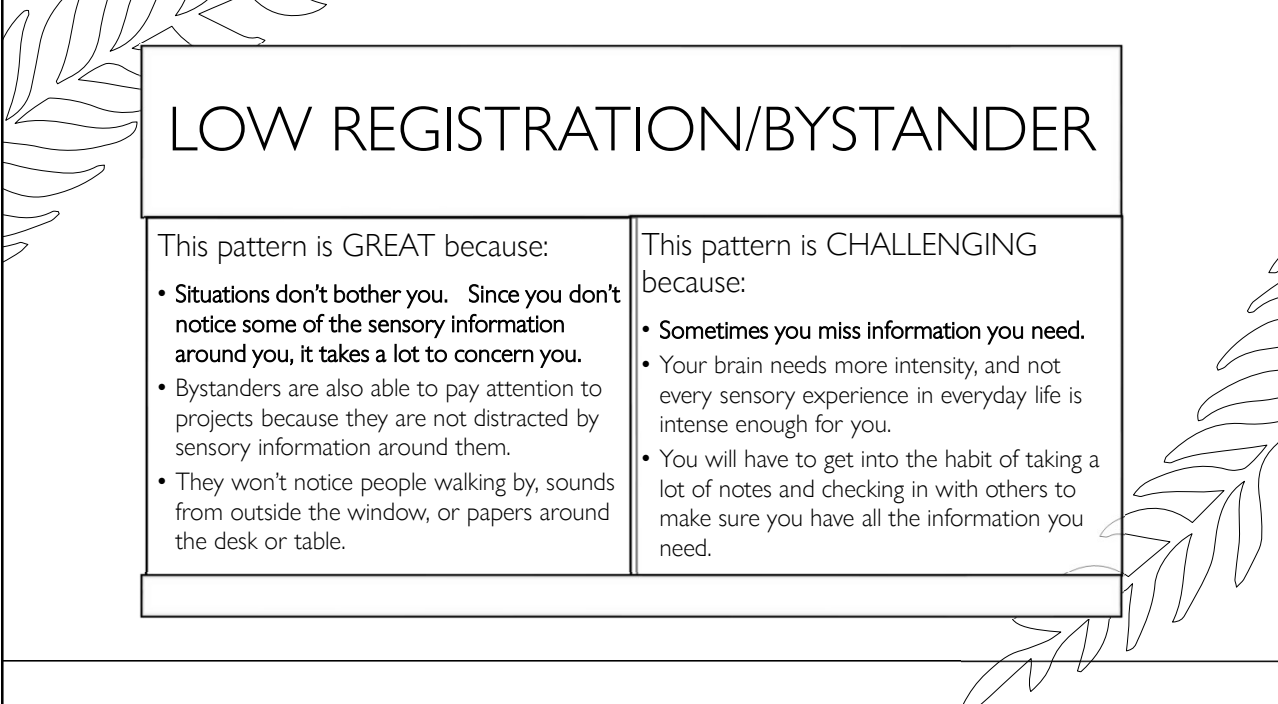
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SENSORY AVOIDING

<p>This pattern is GREAT because:</p> <ul style="list-style-type: none"> • Life is orderly and peaceful. • Avoiders' homes are a haven for them; rooms are sparsely decorated, and once they set up their furniture, it will stay that way. • Work spaces are also tidy, and Avoiders put their work away each day. • Avoiders have favorite pastimes and they stick with them; this makes them experts at their interests because they get so focused. • Avoiders use the same stores and restaurants, so people know them in these locations. With the advent of the internet for shopping, • Avoiders can get what they need without the sometimes overwhelming experiences of being in stores. 	<p>This pattern is CHALLENGING because:</p> <ul style="list-style-type: none"> • Family and friends don't understand their need to be alone. • Avoiders are content to be alone, but others may think Avoiders are lonely. • Being alone means less sensory information, and so Avoiders find this desirable. • Being around other people can be overwhelming because other people are noisy, bump into you, have different smells and are moving around all the time. • When Avoiders live or work with other people, it is harder to control the amount of sensory information, and so Avoiders can seem rigid or cranky until they can regroup.
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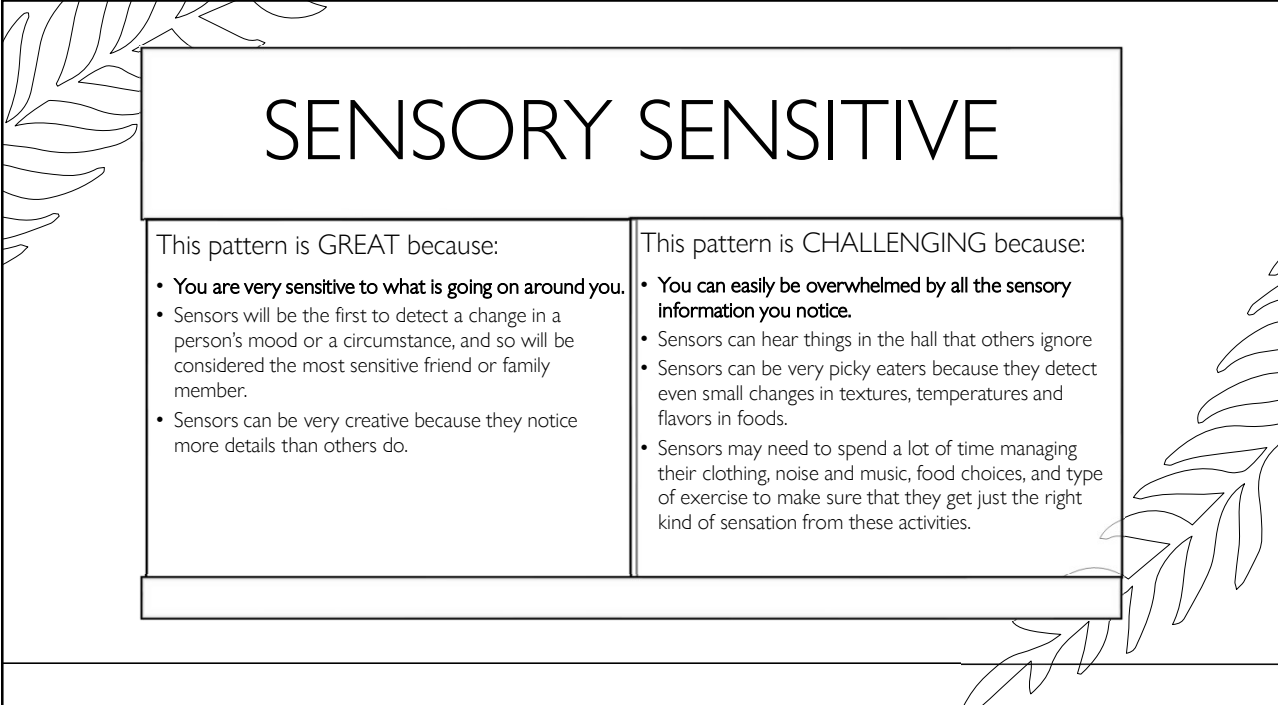
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LOW REGISTRATION/BYSTANDER

<p>This pattern is GREAT because:</p> <ul style="list-style-type: none"> • Situations don't bother you. Since you don't notice some of the sensory information around you, it takes a lot to concern you. • Bystanders are also able to pay attention to projects because they are not distracted by sensory information around them. • They won't notice people walking by, sounds from outside the window, or papers around the desk or table. 	<p>This pattern is CHALLENGING because:</p> <ul style="list-style-type: none"> • Sometimes you miss information you need. • Your brain needs more intensity, and not every sensory experience in everyday life is intense enough for you. • You will have to get into the habit of taking a lot of notes and checking in with others to make sure you have all the information you need.
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SENSORY SENSITIVE

<p>This pattern is GREAT because:</p> <ul style="list-style-type: none"> • You are very sensitive to what is going on around you. • Sensors will be the first to detect a change in a person's mood or a circumstance, and so will be considered the most sensitive friend or family member. • Sensors can be very creative because they notice more details than others do. 	<p>This pattern is CHALLENGING because:</p> <ul style="list-style-type: none"> • You can easily be overwhelmed by all the sensory information you notice. • Sensors can hear things in the hall that others ignore • Sensors can be very picky eaters because they detect even small changes in textures, temperatures and flavors in foods. • Sensors may need to spend a lot of time managing their clothing, noise and music, food choices, and type of exercise to make sure that they get just the right kind of sensation from these activities.
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