## **INFORMATION** AND RESOURCES



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)		

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