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SESSION 4

INNER SOUND



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INNER SOUND

Session #4

Are you ready to continue? Let's start with the exercises for week #4 - Your Sound Sensitivity Story: surroundings, genetics and personality.

SESSION #4 - SOUND SENSITIVITY STORY

Welcome to session 4! Today, we will delve into your sound sensitivity story. In a nutshell, we will explore how your surroundings, genetics, and personality contribute to this sensitivity.

Now, let's talk about your story. In session #3, we discussed the daily occurrences of sounds in detail. However, have you ever wondered when and why this sound sensitivity started for you? In session #4, we will take a closer look at this.

Being sound sensitive means that you have a heightened focus on sounds. It can also make you hypervigilant, where you become extremely aware of potential triggering sounds. Interestingly, the stress related to this sensitivity can even begin before the actual sound occurs.

So, what causes this hyper focus? You may have come across various explanations elsewhere, but today we will focus on your own learning history. Now, why do we use the term 'learning'? It is believed that sound sensitivity is a learned behavior, meaning you unconsciously conditioned yourself to react in a certain way to specific sounds. **Are you ready to explore this further?**

SESSION # 4 - SOUND SENSITIVITY STORY

Do you remember your specific sensations (emotions), feelings, thoughts and behaviour regarding specific sounds? Well, you and I didn't mean to learn to respond to sounds this way. It just happened because of several aspects. For you as well as for me, our surroundings, our genetics and our personality have all had an impact.

You could say our learning history is a 'cocktail' of all of these three aspects (Surroundings, Genetics and Personality) mixed with what we remember to be true about situations when growing up.

Think back to the cycle I mentioned in session #1 and #2.

Situation > Thought > Feeling > Response.

We learned to respond in a certain way towards sounds. We are now conditioned to give that response. The BIG question of course: *“Can we 'unlearn' it?”*

Like I already said before in session #3. Awareness comes first. Change can then happen based on that knowledge and insight. **Let's look at your sound sensitivity story to let you take the next step in your process.**

SESSION # 4 - SOUND SENSITIVITY STORY

Let's look at your surroundings, your genetics and your personality. We will begin with your surroundings.

- What do you remember most about growing up regarding to sounds?
- Were there any stressful moments when growing up that can be linked to your sound sensitivity?
- How do you think it influenced your sound sensitivity?

Use the next page for notes.



SESSION # 4 - SOUND SENSITIVITY STORY

Surroundings

