

While the links in this document may not be clickable, you can revisit them on the blog where you first encountered this survey: <https://www.hellomarianne.com/blog/the-silent-struggle-living-with-misophonia>

The Silent Struggle: Living with Misophonia

Are you aware of how sensitive you are to impulses and sounds in your surroundings? Do certain sounds trigger feelings of irritation, anger, discomfort, or even disgust in you? If you find yourself easily reacting to impulses and sounds in your environment, you may be experiencing misophonia.

How Misophonia Feels

In my blogs, you can delve deeper into the topic and learn more about misophonia. As someone who has firsthand experience with it, I am excited to share my perspective on this subject. I will provide insights into what misophonia is according to my experience and offer ways to cope with it.

I encourage you to form your own opinion by exploring the topic and reflecting on your own experiences. Instead of seeking external answers, look within yourself for guidance.

The survey available on this page could be a helpful resource for you. Additionally, I have developed a 14-session course called [Inner Sound](#), which draws from my personal journey of exploring sound sensitivity. It may be beneficial for you.

Are You Suffering from Misophonia? Find Out Here.

Think of these questions as tools to reflect on your sensitivity to sound. There isn't a definitive answer or test result. It's up to you to assess the impact, decide how to address it, and determine your needs.

You might want to think about getting a special notebook specifically for recording your responses to these questions. There are two types of questions: open and closed. When faced with open questions, consider jotting down notes in your notebook to clarify your thoughts. This notebook could also be handy if you decide to sign up for the [Inner Sound course](#) available on my site. Also, don't hesitate to get in touch with me even after you've answered the questions, there's no pressure.

Misophonia Survey

Misophonia, is it real?

- Can you recall the moment when you first realized that your reaction to sounds was different from those around you? I'm curious to know where you were, who you were with, and what you were doing at that time.
- Have you ever experienced being bothered by sounds prior to this moment?
- Do you believe that your sound sensitivity has consistently influenced you throughout your life?
- Have you noticed an increase in sound sensitivity over time?
- How much were you bothered by the sounds around you this week, on a scale of 0 to 10?

Tip. Make it a habit to jot down your responses to the questions every week on a specific day for a whole month. Let's say, on Sundays, reflect on the previous week, grab the survey, and write down your answers. Once you've completed this routine for 4 or 5 weeks, take a moment to review all your answers. What stands out to you? What observations do you make when you look back after a month?

Misophonia Sensory Overload

- When do you find sound bothersome? You can select multiple options.
 - During school hours (in class, at the canteen, or on the playground)
 - While working (in the office, during meetings, or at lunch)
 - When using public transport
 - In public places like cafes, restaurants, or theatres
 - When spending time with family, friends, and/or colleagues
 - Other:

- Do you find that sound sensitivity holds you back? If so, in what specific places or situations do you notice it the most?
- Do you find that sound sensitivity holds you back, especially with your family?
- Does sound sensitivity restrict you, particularly with your friends?
- Are you limited by sound sensitivity, specifically with your colleagues or in new situations?

Tip. The majority of the inquiries focus on: who, what, where, when, why, and how. You may want to jot down these words on a big piece of paper and jot down the responses that pop into your head around them in relation to your sound sensitivity. Take a look at this visual representation. What stands out to you about your responses?

Misophonia Trigger Sounds

- What specific sounds bother you the most? Feel free to select multiple options.
- Are there any eating noises that bother you? This includes chewing, smacking, slurping, and swallowing.
- Do nasal sounds trouble you? This includes sniffing, inhaling, and exhaling.
- Are there any throat sounds that bother you? This includes throat scraping and coughing.
- Do high and/or low pitch sounds trouble you?
- Does repeated tapping bother you?
- Does the rustling of paper and plastic trouble you?

- Do ambient noises bother you?
- Are sudden, loud sounds a problem for you?
- Is there any other sound that particularly troubles you?
- What are the sounds that annoy you the most (top 3-5)?
- What are your reactions when you notice certain sounds? You can select multiple options.
 - I feel very annoyed.
 - I become extremely angry.
 - I feel the urge to lash out.
 - I start yelling.
 - I begin to curse.
 - I just want the sound to stop.
 - I feel disgusted and repulsed.
 - I quickly distance myself from the sound.
 - I feel helpless and unsure of what to do.
 - I feel a bit lightheaded and dizzy.
 - I think it's not that bad.
 - I think it's not that bad for me.
 - I believe it will likely go away soon.
 - Other:

Tip. Jot down the sounds that catch your attention and any issues you experience, along with the time of day. You can rate the discomfort from 0 - 'Hardly any' to 10 - 'A lot'. Review your notes after a week or a month to see any patterns.

Misophonia Coping Mechanisms

- Which tactic do you tend to use? You have the option to select more than one response.
 - Fight (get angry, yell, curse)
 - Fleeing (leaving, earplugs, headphones)
 - Freezing (not knowing what to do and feeling absent)
 - Justifying/denying needs (pretending it is not so bad)
 - All of the above.
 - Other;

- What other observations have you made about yourself in relation to sounds? You can select multiple options.
 - I am always focused on sound.
 - Sounds make me feel tired.
 - I find it hard to concentrate.
 - I have trouble remembering things.
 - I feel sad about it.
 - I feel powerless.
 - I avoid situations or certain places.
 - I avoid certain people.
 - I cannot study and/or work because of noise.
 - I don't like to be together with others.
 - I spend a lot of time thinking about how I can avoid sounds.
 - I feel absent-minded.
 - It makes me feel dizzy.
 - I don't do much about it and just let it be.
 - I don't know what to do about it anymore.
 - I feel despondent.
 - Other;

Tip. You likely have ways to handle stimuli and sounds, such as using earplugs or headphones when necessary. It's important to calm your nervous system before making decisions. How do you consistently calm down to think clearly and act wisely?

Misophonia Strategies

- What specific challenges are you facing? You can select more than one option.
 - I have all kinds of physical complaints, such as
 - It bothers me emotionally and makes me feel
 - It troubles me mentally, because
 - I am troubled by it spiritually and do not really understand what to do with it, because
 - In general, I don't feel very well because of it and I notice that especially when .
 - Other;

- What have you already tried to deal with sound sensitivity? You can tick more than one answer.
 - Regular therapy namely ...
 - Alternative therapy, namely ...
 - Regular Medications, namely ...
 - Alternative medicines, namely ...
 - Medicinal plants, namely
 - Other, namely ...

- What methods have you discovered that help you cope better with your sensitivity to sounds?

- What doesn't work for you to reduce the impact of sound sensitivity?

- Is there anything specific you'd like to explore to lessen the impact of your sensitivity to sound?

Tip. If you're feeling overwhelmed by noise, it can feel like it's everywhere. It can be quite maddening. What's the solution? I like to call it 'Empty the Bucket'. This concept is also covered in the Inner Sound e-course. Remember to take regular breaks for relaxation throughout the day (!) to prevent your bucket from filling up with all the stimuli, sounds, and tensions surrounding you.

Misophonia Causes and Cure

- Are you curious to learn about the causes of sound sensitivity? Would you like to know more?
- What do you believe could be causing the sensitivity to sound? If you're unsure, what are your thoughts on what it might be?
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- Do you believe you can overcome your sound sensitivity? Yes, No, or another option?
- What do you hope to accomplish the most when it comes to dealing with sound sensitivity?
- Is there anything I can do to lend a hand to you or someone else?
- Do you have any additional details you'd like to write down and/or share with me about yourself or your circumstances?
- Are there any additional topics you think should be covered in this survey?

I believe that you found this misophonia survey helpful in making you more aware of your sensitivity to sounds. Although the survey may have emphasized the difficulties rather than the advantages, keep in mind that your sensitivity to sounds can be viewed as a signal from your body prompting you to address certain issues. I will be sharing blogs on this topic to offer you a fresh outlook on dealing with sound-related challenges. Make sure to visit regularly to stay updated on new posts or subscribe to the newsletter through the sign-up banner provided below. **Speak to you soon again!**

Misophonia Support

Don't hesitate to get in touch if you have any inquiries about sound sensitivity. I'm available to provide support. Feel free to explore the [Inner Sound course](#) as well at your own pace, and when you're prepared to delve deeper into it, we can schedule a call.

Misophonia Help

If you're eager to dive into the subject of sound sensitivity at your own leisure, why not consider enrolling in the Inner Sound course on managing your sound sensitivity? This course, accessible in 14 online publications, is tailored specifically for you and is filled with valuable insights. To get involved, just buy the sessions in my shop. You could begin here: [Introduction - Inner Sound](#).

Feedback is always welcome!

Were the blogs helpful as I had hoped? Please reach out to me with any positive feedback. I would love to hear from you and see the outcome of your efforts. If there is a broken link or if you feel that some steps are unclear, please let me know. I am always ready to update the different blogs for your benefit!

♥ Did you like the blog? ♥

Your financial support is greatly appreciated! With your contribution, I can dedicate all my time and energy to creating more amazing e-learning materials and tools, like this questionnaire on sound sensitivity. Read more about it here: [Buy Me A Coffee](#).

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Interesting links are:

Blog: <https://www.hellomarianne.com/blog/the-silent-struggle-living-with-misophonia>

Course: <https://www.hellomarianne.com/journal-inner-sound>

Shop: <https://www.hellomarianne.com/shop/p/journal-inner-sound-introduction>