

A.C.C.E.P.T. Program Environmental Scan

Conduct a scan of your social/physical environment at home and/or work using this worksheet (if it is helpful).

- Is there anything in your environment that is incompatible with your biological traits? Anything that you have or wish you had modified?
- Which people in your life are most validating and/or invalidating of your perceptions and inner experiences?

Environmental Conditions	Examples	Your Environment
PHYSICAL		
Sight	lighting, "visual clutter", colour, patterns	
Sound	fans, water running, car horn, siren, appliance bleeps, music/tv volume	
Smell	cleaning products, perfume, food cooking, hair products	
Touch	weighted blanket, light/firm pressure, rain, rough/smooth surfaces	
Taste	bland/spicy, colour, food not touching, texture, temperature	
Body Awareness	obstructions in space, fine motor challenges	
Movement	opportunities to move, swing, go outside, stand to work	
Sensory Deprivation	somewhere to go for privacy, quiet	
SOCIAL		
Literal	social expectations are clearly stated	
Aware	others are aware of how ND impacts your perception of and interaction with the world	
Accepted	sensory experiences are validated and understood	

Important Disclaimer: Please note that none of the worksheets or articles on the Scattergram website are designed to diagnose or treat any medical or psychological condition. There is no substitute for one-on-one consultations with qualified healthcare practitioners. If any action is considered based on these quizzes it should be merely to help you decide to take the necessary step to contact your doctor or another healthcare practitioner in order to get an accurate diagnosis and/or treatment plan. <u>Visit the website here</u> © Scattergram Counselling and Consulting