



The Sensory Safety Checklist

For the AuDHD Brain: How to identify triggers & prevent the crash.

🌟 Part 1: The Trigger Audit

Check the boxes that drain your battery faster than others.

💡 Auditory Triggers (Sound)

- ☐ Background Hum: Electricity buzzing, fridges, or computer fans.
- ☐ Overlapping Speech: Multiple conversations happening at once.
- ☐ Sudden Spikes: Doors slamming, dogs barking, or phones ringing.
- ☐ "Uncontrollable" Sound: Music or TV volume that you didn't choose.

👁️ Visual Triggers (Sight)

- ☐ Fluorescent Lighting: Office lights or supermarket glare.
- ☐ Visual Clutter: Messy desks or too many open browser tabs.
- ☐ Flickering: Screens or lights that aren't steady.

🧠 Cognitive Triggers (Uncertainty)

- ☐ The "No-Script" Event: Going somewhere without knowing who will be there.
- ☐ Time Blindness: Not knowing exactly when an event ends.
- ☐ Transition Panic: Being asked to switch tasks abruptly.

Note to Self:

"My need for control isn't about being difficult. It is a survival strategy to create safety in a chaotic world."

Part 2: The Safety Strategy (Prevention)

Use these tools BEFORE you enter a high-stimulation environment.

1. The "Exit Seat" Protocol

- ☐ Always choose the seat facing the door.
- ☐ Identify your escape route immediately upon entering.

Why? Knowing you can leave lowers your baseline anxiety.

2. The "Safety Script"

- ☐ Who: Ask exactly who is attending.
- ☐ What: Check the menu or food options online beforehand.
- ☐ When: Set a hard "leave time" for yourself (e.g., "I will leave at 9 PM").

3. The Sensory Shield

- ☐ Ears: Loop earplugs or Noise-Cancelling Headphones.
- ☐ Eyes: Tinted glasses or a hat/cap to block overhead glare.
- ☐ Body: Comfortable "safe" clothing (no itchy tags or tight waistbands).

📅 Part 3: The Recovery Plan (Post-Event)

If you feel the "Crash" coming on, do not push through. You are experiencing Metabolic Depletion.

- ☐ Dark Mode: Lie in a completely dark room for 20 minutes.
- ☐ Deep Pressure: Use a weighted blanket or tight hugs.
- ☐ Silence: No podcasts, no music—just zero input.
- ☐ Hydrate: Your brain burns massive energy processing sensory data; drink water.