


HELLO!
I HAVE
MISOPHONIA

“
what is
that?”



#misophonia
soQuiet.org



Misophonia is a neurological disability which causes me **pain** when I hear certain noises such as eating sounds, gum smacking, pen clicking, finger tapping, and more.

You are doing nothing wrong.

And, I would be so **grateful** if you would **not create these sounds** while I am around.

• **Thank you so much!** •