

# what is MISOPHONIA?



## Misophonia is a sensory disorder

People with misophonia experience an unusually strong reaction to common sounds and, sometimes, visual movements.



## Common Activators ["Triggers"]

Each person with misophonia has their own unique "set" of activating sounds.

Some that are common are:

- Eating and mouth sounds [chewing, smacking, slurping, etc.]
- Pen clicking
- Keyboard typing
- Crinkling plastic
- And many more...

## What does misophonia feel like?

Misophonia can be "triggered" at any time by normal sounds and sights in the world.

The reaction can feel very uncomfortable, like a combination of panic, anger, and a need to escape, all at the same time.

## How do people cope with misophonia?

There is no treatment or cure for misophonia yet. People who experience this condition often avoid triggering situations, but can also manage with a combination of tools such as earplugs and coping skills.

*A person with misophonia might need to leave a situation suddenly so that they can get away from a hurtful sound.*

## How to help someone with misophonia.

It's important to listen to and validate someone when they tell you about an "invisible disorder" like misophonia.

Teasing them, ignoring them, or bullying them about their disability can be very hurtful.



## There is hope

Nobody chooses to have a condition like misophonia. With help and understanding from the people around us, we can live rewarding and serene lives with misophonia.