

MISOPHONIA

These are some of the common trigger sounds that people with misophonia are sensitive to:

Chewing, crunching, gulping, gum chewing and popping, kissing sounds, nail biting, silverware scraping teeth or a plate, slurping, sipping, licking, smacking, spitting, swallowing, talking with food in mouth, tooth brushing, flossing, lip smacking, wet mouth sounds, grinding teeth, throat clearing, grunting, groaning, screaming, loud or soft breathing, sniffing, snorting, snoring, sneezing, loud or soft talking, raspy voices, congested breathing, hiccups, yawning, nose whistling, wheezing, clicking from texting, keyboard/mouse, tv remote, pen clicking, writing sounds, papers rustling/ripping, ticking clocks, cell phone ringtone, dishes clattering, fork scraping teeth, silverware hitting plates or other silverware, rattling change in pockets, plastic bags crinkling/rustling, plastic bags opening or being rubbed, crinkling food packages, car doors slamming, turn signal clicking, muffled bass music or TV through walls, doors/windows being slammed, dogs barking, bird sounds, crickets, frogs, foot shuffling (dry feet on floor/carpet) or tapping, finger snapping, foot dragging, heels, flip flops, knuckle/joint cracking, eye blinking, nail biting and clipping.

The most common triggers are mouth noises and the closest people in a sufferer's life can often be the ones that elicit the worst triggers.

Each person may have other troublesome sounds that are unique to that individual. Usually, people do not trigger themselves.



A Misophonia Self-test is available on the www.misophonia.com website. It can be useful in assessing a person's level of involvement with misophonia.



MISOPHONIA

Literally: Hatred of Sound



An Introduction to Misophonia

This is a brochure presenting symptoms, triggers, coping methods, treatment and available research on the subject of misophonia, which is also known as selective sound sensitivity syndrome.

Misophonia – literally the hatred of sound – can be defined as a hypersensitivity to background sounds or visual stimuli that are generally ignored by other people. A person with such sound sensitivities has an inability to block out an offending sound or other trigger event and experiences an acute negative emotional response as a direct result of being in contact with such a trigger.

Learn more at:

WWW.MISOPHONIA.COM

What is Misophonia?

Do you have an intense emotional reaction to hearing someone eating with their mouth open, sneezing, coughing, sniffing or chewing? Do you feel enraged when someone makes repetitive noises like tapping, clicking a pen, typing on a keyboard, eating crunchy foods or making other sounds that make you want to run away or lash out at the source of the sound? Have you wondered why you experience these reactions and sensitivities and wonder if you are the only one who has these problems? Guess what...



You are not alone!

There is a name for this disorder; it is called misophonia.

This disorder is not caused by a hearing impairment and it elicits excessively negative and immediate emotional and physiological responses.

This sensitivity to certain sounds can have a negative effect on a person's life causing problems with activities of daily living.

Interactions with significant people can also be affected in ways that create tension or interfere with personal

relationships. The potential for social isolation exists. In an attempt to avoid problematic situations, a person can become withdrawn and shy away from others in general.

When exposed to a trigger sound, a sensitive person can experience a fight or flight reaction or a panic attack. Often times, there is a need to escape the source of the problematic sound(s). In extreme cases, verbal or physical attack is possible. One's "thinking head" doesn't kick in until after the immediate autonomic system response is in full force. An affected person may find it very helpful to learn about coping skills and employ the ones that best meet their needs.

The majority of trigger stimuli are thought to be harmless or just part of day to day life by the average person. But to a person with misophonia they are a tremendous burden.

Treatment Options:

Currently there is no known cure for a misophonia disorder.

However, people have employed various methods of coping with the disorder. Paying attention to the basics can help a great deal. People who have a healthy and balanced diet, engage in consistent and adequate exercise and manage stress may have less intense or less frequent problems with sensitivity to sounds.

Neuro-Feed Back, Tinnitus Retraining Therapy (TRT), Cognitive Behavioral Therapy (CBT), psycho-therapeutic hypnotherapy may be of use as well as using sound generating equipment and ear

plugs. Some people have had success with these methods of treatment.

It's important to learn how misophonia affects people and to understand the challenges the disorder presents.



For more information

Visit these websites:

www.misophonia.com

<https://www.facebook.com/groups/misophoniasupport/>

<http://www.misophonia.com/Forum/>

A person with misophonia needs a supportive family, network of friends or accommodating work environment. Constant exposure to trigger events will weigh heavily upon a sufferer's mind...