

MAKING SENSE OF THE SENSES

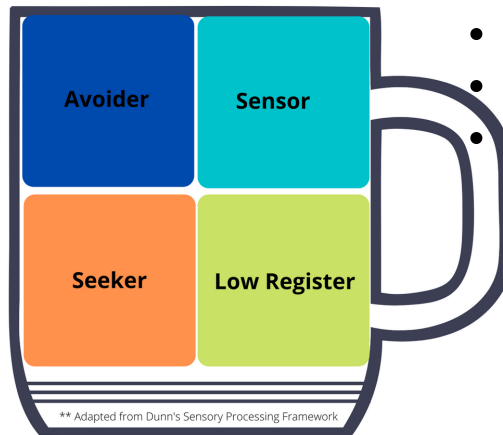
Please check out [THIS VIDEO](#) for a brief explanation about the mug and how we process sensory information.

Please use the empty lines to add your own information from the video.

AVOIDER

Bothered by Input

- actively responds
- very sensitive to input
- close to overflowing
-
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-
-
-
- **Tool to try:** create a safe, cozy retreat space



SENSOR

Notices More Input

- does not actively respond
- very sensitive to input
- close to overflowing
-
-
-
-
-
- **Tool to try:** pretzel (or hook-up)

SEEKER

Seeks & Enjoy Input

- actively responds
- not sensitive to input
- needs more
-
-
-
-
-
- **Tool to try:** get outside and into nature more

LOW REGISTER

Notices Less Input

- does not actively respond
- not sensitive to input
- needs more
-
-
-
-
-
- **Tool to try:** turn up the music or the lights