

Sensory

Q U I Z



Doreen Steenland, ICF Certified Professional Christian
Life Coach

Please choose either A or B. You must choose one; do not overthink

1. Which do you prefer?

- a. seeded bread rolls
- b. plain bread rolls

2. Which do you prefer?

- a. hot, spicy chili mix
- b. mashed potatoes

3. Which do you prefer?

- a. electric toothbrush
- b. manual toothbrush

4. Which do you prefer?

- a. red, orange, pink
- b. white, grey, beige

5. Which do you prefer?

- a. bungee jumping
- b. scuba diving

6. Which do you prefer?

- a. light tickle
- b. firm hugs

7. Which do you prefer?

- a. a night out with friends
- b. curled up in bed with a book

8. Which do you prefer?

- a. surprise party
- b. monthly book/craft/fishing club

9. Which do you prefer?

- a. polo neck sweater
- b. v-neck sweater

10. Which do you prefer?

- a. aerobics at the gym
- b. weight training at home

11. Which do you prefer?

- a. soccer, football, hockey
- b. golf, tennis, or running

12. Which do you prefer?

- a. dogs
- b. cats

13. Which do you prefer?

- a. phone call
- b. email

14. Which do you prefer?

- a. camping
- b. hotel

15. Which do you prefer?

- a. gardening without gloves
- b. gardening with gloves

Total for A:

Total for B:



Roots: (9 & more for B)

- Low energy
- Energized through internal stimuli
- Prefers a contained, quiet, calm environment
- High distractibility due to overstimulation
- Think then do: “no” predisposition
- Prefers detail, rules, structure
- Secure & grounded. Routine & predictability important
- High stress levels: depression and anxiety risk high

Leaves: (9 & more for A)

- High Sensory Threshold
- Energized through external stimuli
- Prefers an engaging, busy environment
- Embraces change: high risk taker
- Do then think: “yes” predisposition
- Avoids & dislikes details, structure & rules
- High risk for aggression, substance abuse & reckless behavior
- Poor stress management common

Trunks: (8 or less for both)

- Medium Energy
- Appropriate focus to task at hand
- Change is measured and calculated
- Mediators-can see two sides of a story
- Adaptable & flexible: appropriate use of yes/no
- Engages easily with small or large groups
- Medium stress risk
- Boring in a good way :)