

A.C.C.E.P.T.  
Program  
Environmental  
Scan

Conduct a scan of your social/physical environment at home and/or work using this worksheet (if it is helpful).

- Is there anything in your environment that is incompatible with your biological traits? Anything that you have or wish you had modified?
- Which people in your life are most validating and/or invalidating of your perceptions and inner experiences?

Environmental Conditions	Examples	Your Environment
<b>PHYSICAL</b>		
Sight	lighting, "visual clutter", colour, patterns	
Sound	fans, water running, car horn, siren, appliance beeps, music/tv volume	
Smell	cleaning products, perfume, food cooking, hair products	
Touch	weighted blanket, light/firm pressure, rain, rough/smooth surfaces	
Taste	bland/spicy, colour, food not touching, texture, temperature	
Body Awareness	obstructions in space, fine motor challenges	
Movement	opportunities to move, swing, go outside, stand to work	
Sensory Deprivation	somewhere to go for privacy, quiet	
<b>SOCIAL</b>		
Literal	social expectations are clearly stated	
Aware	others are aware of how ND impacts your perception of and interaction with the world	
Accepted	sensory experiences are validated and understood	