



🌀 Misophonia 🌀

**When Everyday Sounds Feel Too Much  
A Neuro-Affirming Perspective from GRANN**





**At GRANN, we're all about affirming the diversity of how our brains and bodies experience the world – and that includes the lesser-known sensory experiences like misophonia.**

**Misophonia literally means "hatred of sound," but that phrase can feel a bit misleading. It's not a conscious dislike or simple annoyance – it's a strong, often overwhelming physical and emotional reaction to specific sounds or repetitive visual movements.**



## **What Is Misophonia?**

**Misophonia is a sensory processing difference where certain everyday sounds – often small or repetitive ones – trigger intense feelings such as irritation, anxiety, rage, panic, or disgust.**

**The reaction is real, involuntary, and often deeply distressing.**



## **Common Sound Triggers**

**These may include:**

- **Oral sounds like chewing, slurping, swallowing, or breathing**
- **Repetitive clicking or tapping (keyboards, pens, nails)**
- **Movement-related sounds like foot shuffling or fabric swishing**
- **Background noises such as windshield wipers or ticking clocks**

**For some, it's not just sound. Visual triggers – usually repetitive movements like leg jiggling, finger tapping, or pen spinning – can cause similar discomfort. This is called misokinesia.**



# **It's Not About Rudeness or "Overreacting"**

**Let's be clear: misophonia is not a choice, and it's not a personality flaw. It's a brain-based difference in sensory processing and emotional regulation.**

**Interesting aspects include:**

- ✓ People are more likely to be triggered by sounds made by people they are close to (like family or partners). People that they have regular contact with. That's right – we're extra popular at home!**
  
- ✓ Making the sound yourself usually doesn't trigger the same or as intense of a reaction. Some folks even mimic the sound as a way to regain control or lessen the emotional response.**



## Coping Tools That Can Help

**Living with misophonia can be hard, especially in noisy or unpredictable environments. Here are some tools that help many people manage:**

- **Noise-cancelling headphones or earbuds**
- **Soothing background noise (e.g. white noise, music, nature sounds)**
  - **Fidget tools to redirect energy and stay grounded**
- **Pre-planned exits or breaks from triggering environments**
- **Talking openly with trusted people about your needs**
- **Mimicry or self-created sound as a calming mechanism**



## **How Others Can Support Someone with Misophonia**

**If someone you care about experiences misophonia, small shifts in understanding can make a huge difference:**

**Believe them. The reaction is real and can be debilitating.**

**• Ask about their triggers and what helps – then follow through.**

**• Offer sensory-friendly environments where possible.**

**Avoid teasing or calling them "too sensitive."**

**Respect boundaries around mealtimes, tapping, or shared spaces.**

**A little compassion goes a long way.**



## **Misophonia, Autism, and Neurodivergence**

**There's ongoing discussion about the overlap between misophonia and Autism – especially because both can involve sensory sensitivities and emotional intensity.**

**✓ A recent study showed elevated Autistic traits (like sensory processing differences and emotional dysregulation) in people with misophonia – but it also confirmed that they are not the same condition.**

**So: Having misophonia does not mean you're Autistic, but if you are, you may experience misophonia differently or more intensely.**



## **How Common Is Misophonia?**

**Because research is still emerging, the numbers vary widely.**

**Current estimates suggest anywhere from 3% to 20% of the population may experience misophonia to some degree.**

**That's potentially 1 in 5 people – yet many go unsupported or misunderstood.**



**At GRANN, we hold space for all the ways people experience the world. Whether you live with misophonia or are learning how to support someone who does, we want you to know:**

**Your sensory needs are valid.**

**Your responses are real.**

**And you are never "too much" for needing what helps you feel safe in your body and environment.**

**Misophonia may not be widely understood yet, but you are not alone – and you never have to mask your way to belonging.**