

Misophonia Activation Scale (adapted)

Use this chart to explore your level of misophonia. This is a scale designed to give you an idea of how you react to triggers and to what degree you experience difficulties such as emotional and/or physical pain. Use this as a jumping off point in your quest to understand this syndrome. It may be useful to write your thoughts and feelings about the level that seems to best describe your situation.

Level 0: A person with misophonia is exposed to a trigger sound but feels no discomfort.

Level 1: A person with misophonia is aware of a trigger but feels minimal anticipatory anxiety.

Level 2: Exposure to a trigger sound elicits minimal emotional discomfort, irritation, or annoyance. No symptoms of panic or fight or flight response are present.

Level 3: A person with misophonia feels increased level of emotional discomfort but does not have a physical response and may have an increased awareness of possible audio-visual stimuli.

Level 4: A person with misophonia experiences a minimal amount of physical pain and uses non-confrontational coping methods such as asking the trigger person to stop making the noise, discreetly covering an ear, or by calmly moving away from the noise. No panic or fight or flight response is elicited.

Level 5: A person with misophonia engages in more confrontational coping methods such as overtly covering ears, mimicking the trigger person and/or displaying obvious irritation.

Level 6: A person with misophonia experiences substantial emotional discomfort. Symptoms of panic and a fight or flight response, begin to emerge.

Level 7: A person with misophonia experiences substantial emotional discomfort. Confrontational coping methods escalate and may be louder or used more frequently. Sufferer may re-imagine the trigger sound and visual cues repeatedly, sometimes for weeks, months or even years after the event.

Level 8: A person with misophonia experiences substantial emotional discomfort and has some thoughts about engaging in violent coping methods.

Level 9: A person with misophonia experiences a full panic/rage reaction and makes a conscious decision not to use violence on trigger person. They remove themselves from the vicinity of the noise and may use physical violence on an inanimate object. The person's demeanor shows panic, anger and/or severe irritation.

Level 10: A person with misophonia uses actual physical violence on a person or animal (household pet, other). Violence may be inflicted on self.
