

Vereniging Misofonie NL
is the patients association for
people with misophonia

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Misophonia

**Getting furious when
hearing (innocent) sounds**



Misophonia

Misophonia (hatred of sound) is a brain disorder where specific sounds generate extreme feelings of anger, disgust or hate. This is not about sound in general, but of specific sounds. Most people with misophonia are also affected by certain, often repetitive, movements. This is called misokinesia (hatred of repetitive movement). There is nothing known about the mutual relationship.

Symptoms

Characteristics of specific sounds for people with misophonia can generate severe negative feelings. Those feelings, the actual symptoms of misophonia, are extreme anger, hate or horror. People who suffer from misophonia experience extreme anger or disgust at the hearing or seeing of their triggers (certain sounds or movements which generate these feelings).

Misophonia usually involves the following three factors:

1. Reflexive emotional response to extreme triggers
2. Lots of avoidance behaviour
3. Big impact on (social) life



In addition, people with misophonia can also suffer from:

- Increased tension through continuous alertness and stress
- Concentration problems
- Guilt feelings
- Feelings of shame
- Fear of losing self-control
- Fatigue
- Misunderstood feelings (by themselves and others)

Impact on social life

Misophonia affects many aspects of life and leads to dysfunction in many areas. Depending on the severity, most of the misophonia effects issues are related to relationships, school or study, work, parenthood and general health. It also influences your sense of self-worth and self-image.

Triggers

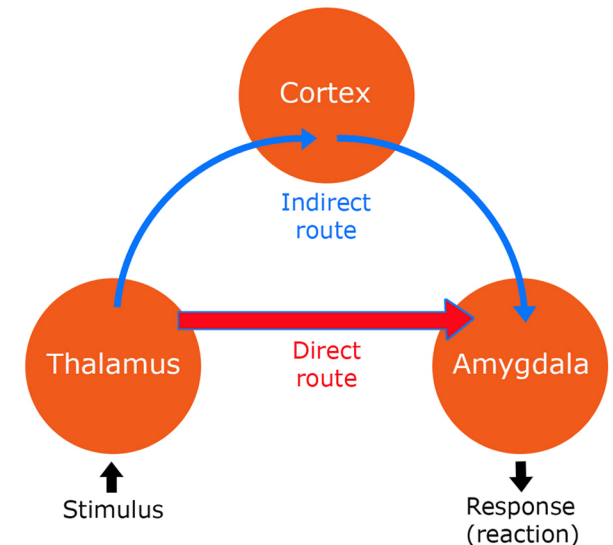
Misophonia is mainly about every day, soft and mostly human sounds:

- Tasting, swallowing, biting
- Coughing, nose picking, sniffing
- Breathing, throat clearing, yawning
- whistling, humming, singing
- someone's voice, smiling
- clicking with a pen
- typing on a keyboard
- walking on a hard floor with heels
- stirring with a spoon in a cup
- the ticking of a clock
- opening of plastic bags
- birds singing and dogs barking

All sounds can basically be triggers.

What happens in the brain

Research has shown that in people with misophonia, sensory stimuli are less well filtered out. Also, abnormal connections have been found in the brain that involves dealing with the processing of impulses and emotions. When detecting a trigger, there will therefore be a direct, very strong response, which is not slowed down by reassuring or corrective thoughts from the cortex.



If a stimulus is observed, the thalamus determines how to respond. It sends a signal to both the cortex (the thinking centre) and the amygdala, where emotions are "made". In people with misophonia, the brain reacts to a trigger as it reacts to danger. This direct route is a kind of worn carriageway track. The thalamus activates the amygdala immediately and a fight or flight response begins immediately. The cortex is not involved in a misophonia reaction, because at that moment there are no calming thoughts.