

# Do you have an **INTENSE EMOTIONAL REACTION to SOUND?**

**YOU ARE NOT ALONE!**

Physical and emotional reactions to specific sounds are called  
**MISOPHONIA**

**Misophonia** can vary from person to person. It entails physical and emotional reactions to sounds of others actions, such as chewing, slurping, chomping, sipping, gulping, breathing, crunching, snapping, and scratching. Reactions can also be triggered by certain images, such as seeing a person eat with their mouth open.

Physical and emotional symptoms can vary from mild to severe. Individuals who suffer from this disorder may feel the need to avoid situations or mimic responses in order to reduce the level of discomfort. Emotional responses include, but are not limited to, irritability, frustration, anger, disgust, anxiety, hatred, emotional distress and even feelings of hopelessness.

**We have a specialized treatment for Misophonia, we can help.**

CALL US

**347-273-1290**



**COGNITIVE THERAPY  
OF STATEN ISLAND**

PSYCHOLOGICAL SERVICES AND  
LICENSED MENTAL HEALTH COUNSELOR, PLLC

[www.cognitivetherapysi.com](http://www.cognitivetherapysi.com)

1110 South Avenue  
Staten Island, NY 10314

