

Dear **TEACHER**,

My name is **NAME**, and I am in your **CLASS PERIOD AND SUBJECT** class this year! I wanted to let you know about my disorder, and my accommodations. **(If applicable.)** I have a disorder called Misophonia. It is an auditory processing disorder where my brain misinterprets certain sounds, causing an anxiety-inducing fight or flight response. The noises are called triggers, and some of my biggest triggers happen in the classroom. My worst classroom triggers are **(INSERT MAIN TRIGGERS HERE)**

In the classroom, I deal with this by **TOOLS USED IN CLASSROOM/ ACCOMMODATIONS**. I will need **WHAT YOU NEED TO USE IN CLASS**

During tests, **INSERT TESTING NEEDS HERE**

In terms of seating, **SEATING NEEDS HERE**

If you would like to learn more about Misophonia, I recommend checking out this link.

<https://www.soquiet.org/whatismisophonia>

If you have any questions, feel free to email me at
(EMAIL ADDRESS)

Thank you so much! I am looking forward to this year!
-NAME