

# TASC Talk

**15th November**

***Title -***

Living with Misophonia

***Talk by -***

Clare & Mark Beach

***Outline -***

The literal definition of misophonia is *hatred of sound* and was proposed in 2000 as a condition in which negative emotions, thoughts, and physical reactions are triggered by particular noises. People with misophonia have specific symptoms and triggers and are sensitive to only certain sounds and also occasionally to visual triggers. Any sound can become a problem to a person with misophonia but many are background noises that most of us would not normally even notice. People call the collection of sounds that they're sensitive to as their *trigger set*. It is possible to add to one's trigger set over time. Exposure to a trigger sound elicits an immediate negative emotional response from a person with misophonia.

Clare and Mark spoke about their experience of living and coping with Misophonia from both a sufferer's as well as an unaffected partner's point of view, how it affects them, the strategies they use to cope and what are the latest developments in treating this condition.