

External Stressors

Observing a listener and tracking their responses to The Listening Program® can be particularly difficult when there are other factors present that may be affecting their moods, sensory patterns, behaviors, attention, socialization, sleep, learning, activity level and memory.

These are all areas that The Listening Program is designed to help with, however these same areas can also be temporarily impacted by certain External Stressors, that can cover up or “mask” the benefits that are occurring with The Listening Program.

To help sort out any possible interference with seeing benefits from The Listening Program, it can be very helpful to consider External Stressors, and try to resolve them, in order to better see the benefits that are occurring from The Listening Program.



Please see the Examples of External Stressors below to determine if you, or your listener, may be experiencing one or more of the stressors on the list. If you find that there are stressors occurring on the list below, please notify your TLP Coach, as they may want to make adjustments to your current listening protocol, to help work through the External Stressor(s) that are occurring.

Examples of External Stressors

- **Health**
Is the listener sick, or have they been sick recently?
- **Diet**
Recent dietary changes/adjustments or infractions
- **Sleep**
Has the listener not been sleeping well?
- **Lifestyle Changes**
Recent move, on vacation, transitioning to new school/therapy program, significant change in daily schedule
- **Screen Time**
Too much lately?
Recently removed or reduced causing anger/tantrums?
- **Exercise**
Recent change in exercise level?
- **TLP Settings/Protocol**
Is the volume too high on headphones?
Does listening schedule frequency need revised?
- **Medication/Nutrient Changes**
Were there recent medication changes or recent nutrient changes?
Has the listener stopped/refused nutrients or medications they are supposed to be taking?
- **COMPLIANCE**
Is the listener consistent with following their TLP listening schedule, or are they missing modules throughout each week?