

Annoyed by Loud Chewing? The Problem Is You

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The Wall Street Journal:

Christine Robinson was looking forward to a date night with her husband, Robert. She grilled flatbread veggie pizza, opened a bottle of Cabernet and lighted some candles.

Her husband took a sip of wine, swished it around in his mouth, then bit off the triangle tip of a pizza slice with a crunch. “The mix between the crispiness of the crust, the chewiness of the toppings and the slurping of the wine is what did it,” Ms. Robinson says.

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A study of 483 people, published in October 2014, in the Journal of Clinical Psychology, found that misophonia sufferers say their lives are most impaired by their sensitivity to eating sounds at work and at school and least impaired at home. The researchers believe this is because family members might be more likely to adapt to a person’s sensitivity than colleagues, says Monica Wu, a clinical psychology graduate student at the University of South Florida in Tampa and the lead researcher on the study.

Read the whole story: [The Wall Street Journal](#)