

Overexcitability Self-Evaluation

Place a 3 in the blank if the statement is true about you in most areas of your life or very frequently.

Place a 2 in the blank if the statement describes you sometimes or in some cases.

Place a 1 in the blank if the statement does not really describe or describes you rarely.

PSYCHOMOTOR OVEREXCITABILITY

- _____ I am a high-energy person.
- _____ I feel constantly pressured to take action.
- _____ I am impulsive.
- _____ I have nervous habits.
- _____ I am restless, always on the go, incapable of just relaxing.
- _____ I talk compulsively.
- _____ I am a workaholic.
- _____ I use my whole body to communicate.

SENSUAL OVEREXCITABILITY

- _____ I often become totally captivated or immersed in music or the visual arts.
- _____ A beautiful sunset mesmerizes me.
- _____ Bad sounds, sights, smells or tastes irritate me to distraction.
- _____ I am prone to drinking or eating too much because this gives me intense pleasure.
- _____ I am adventurous where new sensory experiences are concerned (food, music, environmental settings, etc).
- _____ When I recall an experience, I also recall the smells, sounds, and tastes associated with the experience?
- _____ I love the taste, touch, smell or feel of things.
- _____ People call me "picky."

INTELLECTUAL OVEREXCITABILITY

- _____ I am always questioning everything.
- _____ I constantly ask or wonder 'how' or 'why.'
- _____ I love to explore a wide variety of theories and ideas.
- _____ I am able to examine ideas outside of the framework of my own opinion.
- _____ I enjoy research, analysis, and theoretical thinking.
- _____ Problem-solving is a source of immense satisfaction to me.
- _____ I think about the many possible consequences of certain events or actions.
- _____ People often accuse me of over-intellectualizing or over-analyzing things or people.

IMAGINATIONAL OVEREXCITABILITY

- _____ I write, speak, dream or think in vivid imagery.
- _____ I embellish the plain truth in ways that make my end of the conversation more impactful or amusing.
- _____ I express myself in ways that demonstrate a rich association of images and impressions. In other words, I make it easy for others to hear, see, taste, smell, or feel what I am describing.
- _____ I entertain myself endlessly with private jokes and wacky visual, auditory, or associational images.
- _____ I enjoy the unusual.

- _____ I tend to be disorganized in my day-to-day life.
- _____ I think of or treat animals or objects as if they are people.
- _____ I tend to daydream when bored.

EMOTIONAL OVEREXCITABILITY

- _____ I am excruciatingly sensitive; I experience intense emotions.
- _____ I am easily hurt.
- _____ I am highly compassionate and caring.
- _____ I can describe my feelings with great precision.
- _____ I have intense emotional attachments to others.
- _____ I often spend time thinking about feelings and/or emotions.
- _____ I tend to be fearful or over-anxious.
- _____ I am intensely critical of myself and/or of others.

Add up the number of points for each overexcitability.

OVEREXCITABILITY	POINT TOTAL
PSYCHOMOTOR OVEREXCITABILITY	
SENSUAL OVEREXCITABILITY	
INTELLECTUAL OVEREXCITABILITY	
IMAGINATIONAL OVEREXCITABILITY	
EMOTIONAL OVEREXCITABILITY	

Do you think these results accurately reflect you? Why or why not?

Now, using the results of the survey, or your own best judgment, order your overexcitabilities from strongest to weakest:

Strongest	
Weakest	