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.

<table>
<thead>
<tr>
<th>OVEREXCITABILITY</th>
<th>POINT TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCHOMOTOR OVEREXCITABILITY</td>
<td></td>
</tr>
<tr>
<td>SENSUAL OVEREXCITABILITY</td>
<td></td>
</tr>
<tr>
<td>INTELLECTUAL OVEREXCITABILITY</td>
<td></td>
</tr>
<tr>
<td>IMAGINATIONAL OVEREXCITABILITY</td>
<td></td>
</tr>
<tr>
<td>EMOTIONAL OVEREXCITABILITY</td>
<td></td>
</tr>
</tbody>
</table>

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