

## OVEREXCITABILITY QUESTIONNAIRE

Check the boxes that describe your child and enter the tally for each section on the line.

### **Psychomotor Overexcitability** \_\_\_\_\_

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> S/he has lots of energy | <input type="checkbox"/> S/he is fidgety                    | <input type="checkbox"/> S/he talks fast        |
| <input type="checkbox"/> S/he loves movement     | <input type="checkbox"/> S/he bites nails                   | <input type="checkbox"/> S/he likes fast games  |
| <input type="checkbox"/> S/he doesn't sleep much | <input type="checkbox"/> S/he is impulsive                  | <input type="checkbox"/> S/he is competitive    |
| <input type="checkbox"/> S/he has nervous habits | <input type="checkbox"/> S/he expresses emotions physically |   |
| <input type="checkbox"/> S/he can be compulsive  | <input type="checkbox"/> S/he misbehaves                    | <input type="checkbox"/> S/he has intense drive |

### **Sensual Overexcitability** \_\_\_\_\_

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> S/he loves to touch things          | <input type="checkbox"/> S/he craves comfort                                  | <input type="checkbox"/> S/he craves pleasure        |
| <input type="checkbox"/> S/he is sensitive to smells         | <input type="checkbox"/> S/he loves music                                     | <input type="checkbox"/> S/he loves jewelry          |
| <input type="checkbox"/> S/he hates tags in clothes          | <input type="checkbox"/> S/he appreciates beauty                              | <input type="checkbox"/> S/he overeats               |
| <input type="checkbox"/> S/he hates seams in socks           | <input type="checkbox"/> S/he wouldn't walk on grass with bare feet as a baby |  |
| <input type="checkbox"/> S/he is distracted by sensory input | <input type="checkbox"/> S/he is absorbed by art                              | <input type="checkbox"/> S/he appreciates aesthetics |

### **Imaginational Overexcitability** \_\_\_\_\_

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> S/he pictures things vividly   | <input type="checkbox"/> S/he loves fantasy                               | <input type="checkbox"/> S/he invents things          |
| <input type="checkbox"/> S/he stretches the truth       | <input type="checkbox"/> S/he worries a lot                               | <input type="checkbox"/> S/he fears the unknown       |
| <input type="checkbox"/> S/he has intense dreams        | <input type="checkbox"/> S/he loves drama                                 | <input type="checkbox"/> S/he believes in magic       |
| <input type="checkbox"/> S/he has a good sense of humor | <input type="checkbox"/> S/he has imaginary friends                       | <input type="checkbox"/> S/he would rather be drawing |
| <input type="checkbox"/> S/he often uses metaphors      | <input type="checkbox"/> S/he uses rich images in her speech and drawings |   |

### **Intellectual Overexcitability** \_\_\_\_\_

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> S/he loves problem solving                 | <input type="checkbox"/> S/he is very curious             | <input type="checkbox"/> S/he loves to read            |
| <input type="checkbox"/> S/he concentrates for long periods of time | <input type="checkbox"/> S/he wants everything to be fair |  |
| <input type="checkbox"/> S/he asks probing questions                | <input type="checkbox"/> S/he loves learning              | <input type="checkbox"/> S/he is analytical            |
| <input type="checkbox"/> S/he is a theoretical thinker              | <input type="checkbox"/> S/he always wants to be right    | <input type="checkbox"/> S/he needs truth              |
| <input type="checkbox"/> S/he likes thinking about thinking         | <input type="checkbox"/> S/he is a keen observer          | <input type="checkbox"/> S/he loves elaborate planning |

### **Emotional Overexcitability** \_\_\_\_\_

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> S/he is very sensitive  | <input type="checkbox"/> S/he cares about other people            | <input type="checkbox"/> S/he is easily frustrated |
| <input type="checkbox"/> S/he needs security   | <input type="checkbox"/> S/he is empathetic                       | <input type="checkbox"/> S/he is shy/timid         |
| <input type="checkbox"/> S/he displays extremes of emotion                             | <input type="checkbox"/> S/he is often anxious                    | <input type="checkbox"/> S/he is lonely            |
| <input type="checkbox"/> S/he feels very responsible, to the point of feeling guilty   | <input type="checkbox"/> S/he is affected by other people's moods |  |
| <input type="checkbox"/> S/he has a strong memory for feelings                         | <input type="checkbox"/> S/he has problems adjusting to change    |  |
| <input type="checkbox"/> S/he responds physically to emotions (gets stomach ache, etc) |   |  |

**Which area is his/her primary overexcitability?** \_\_\_\_\_

*Gifted children tend to experience several overexcitabilities, with one being dominant.*

## ***General Sensitivities***

*How would your child answer these questions?*

I am easily overwhelmed by strong sensory input.

I seem to be aware of subtleties in my environment.

I tend to be very sensitive to pain.

I find myself needing to withdraw during busy days, into bed or into a darkened room or any place where I can have some privacy and relief from stimulation.

I am particularly sensitive to the effects of caffeine.

I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.

I have a rich, complex inner life.

I am made uncomfortable by loud noises.

I am deeply moved by the arts or music.

My nervous system sometimes feels so frazzled that I just have to go off by myself.

I am conscientious.

I startle easily.

I get rattled when I have a lot to do in a short amount of time.

When people are uncomfortable in a physical environment I tend to know what needs to be done to make it more comfortable (like changing the lighting or the seating).

I am annoyed when people try to get me to do too many things at once.

I try hard to avoid making mistakes or forgetting things.

I make a point to avoid violent movies and TV shows.

I become unpleasantly aroused when a lot is going on around me.

Being very hungry creates a strong reaction in me, disrupting my concentration or mood.

Changes in my life shake me up.

I notice and enjoy delicate or fine scents, tastes, sounds, works of art.

I find it unpleasant to have a lot going on at once.

I make it a high priority to arrange my life to avoid upsetting or overwhelming situations.

I am bothered by intense stimuli, like loud noises or chaotic scenes.

When I must compete or be observed while performing a task, I become so nervous or shaky that I do much worse than I would otherwise.

When I was a child, my parents or teachers seemed to see me as sensitive or shy.

*What can you do to help your child deal with his sensitivities?*

*(Not change them, but live with them)*