

Forms and Expressions of Overexcitability

PSYCHOMOTOR

Surplus of energy

rapid speech, marked excitation, intense physical activity (e.g., fast games and sports) pressure for action (e.g., organizing), marked competitiveness

Psychomotor expression of emotional tension

compulsive talking and chattering, impulsive actions, nervous habits (tics, nail biting), workaholism, acting out

SENSUAL

Enhanced sensory and aesthetic pleasure

seeing, smelling, tasting, touching, hearing; delight in beautiful objects, sounds of words, music, form, color, balance

Sensual expression of emotional tension

overeating, sexual overindulgences, buying sprees, wanting to be in the limelight

INTELLECTUAL

Intensified activity of the mind

curiosity, concentration, capacity for sustained intellectual effort, avid reading;
keen observation, detailed visual recall, detailed planning

Penchant for probing questions and problem solving

search for truth and understanding; forming new concepts; tenacity in problem-solving

Reflective thought

thinking about thinking, love of theory and analysis, preoccupation with logic, moral thinking, introspection (but without self-judgment), conceptual and intuitive integration; independence of thought (sometimes very critical)

IMAGINATIONAL

Free play of the imagination

frequent use of image and metaphor, facility for invention and fantasy, facility for detailed visualization,
poetic and dramatic perception, animistic and magical thinking

Capacity for living in a world of fantasy

predilection for magic and fairy tales, creation of private worlds,
imaginary companions; dramatization

Spontaneous imagery as an expression of emotional tension

animistic imagery, mixing truth and fiction, elaborate dreams, illusions

Low tolerance of boredom

need for novelty and variety

EMOTIONAL

Feelings and emotions intensified

positive feelings, negative feelings, extremes of emotion, complex emotions and feelings,
identification with others' feelings, awareness of a whole range of feelings

Strong somatic expressions

tense stomach, sinking heart, blushing, flushing, pounding heart, sweaty palms

Strong affective expressions

inhibitions (timidity, shyness); enthusiasm, ecstasy, euphoria, pride; strong affective memory; shame;
feelings of unreality, fears and anxieties, feelings of guilt, concern with death, depressive and suicidal moods

Capacity for strong attachments, deep relationships

strong emotional ties and attachments to persons, living things, places; attachments to animals; difficulty
adjusting to new environments; compassion, responsiveness to others, sensitivity in relationships; loneliness

Well differentiated feelings toward self

inner dialogue and self-judgment