

## OVER-EXCITABILITY 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 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 irate 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 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.
- \_\_\_\_\_ 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 overanxious.
- \_\_\_\_\_ I am intensely critical of myself and/or others.

Add up the number of points for each over-excitability.

| <i>Total Points</i> | <i>Overexcitability</i>        |
|---------------------|--------------------------------|
|                     | PSYCHOMOTOR OVEREXCITABILITY   |
|                     | SENSUAL OVEREXCITABILITY       |
|                     | INTELLECTUAL OVEREXCITABILITY  |
|                     | IMAGINATIONAL OVEREXCITABILITY |
|                     | EMOTIONAL OVEREXCITABILITY     |

Using the results from the survey, order your overexcitabilities from strongest to weakest-

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

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## OEQ II Inventory<sup>1</sup>

**Directions:** Please rate how much each statement fits you. Respond on the basis of what you are like now, not how you would like to be or how you think you should be. Circle the number under the statement that most accurately reflects the way you see yourself.

|   | Not at<br>All<br>Like<br>Me | Not<br>Much<br>Like<br>Me | Some-<br>what<br>Like<br>Me | A<br>Lot<br>Like<br>Me | Very<br>Much<br>Like<br>Me |
|---|-----------------------------|---------------------------|-----------------------------|------------------------|----------------------------|
| 1. I like to daydream. . . . .  | 1                           | 2                         | 3                           | 4                      | 5                          |
| 2. I am a competitive person. . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 3. The varieties of sound and color are delightful. . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 4. My pretend world is very real to me. . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 5. I am an independent thinker. . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 6. I feel other people's feelings . . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 7. If an activity is physically exhausting, I find it satisfying . . . . .                                | 1                           | 2                         | 3                           | 4                      | 5                          |
| 8. Viewing art is a totally absorbing experience. . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 9. I worry a lot . . . . .  | 1                           | 2                         | 3                           | 4                      | 5                          |
| 10. I love to be in motion . . . . .  | 1                           | 2                         | 3                           | 4                      | 5                          |
| 11. It makes me sad to see a lonely person in a group. . . . .  | 1                           | 2                         | 3                           | 4                      | 5                          |
| 12. I can take difficult concepts and translate them into something<br>more understandable. . . . .       | 1                           | 2                         | 3                           | 4                      | 5                          |
| 13. I get great joy from the artwork of others . . . . .  | 1                           | 2                         | 3                           | 4                      | 5                          |
| 14. When I get bored, I begin to daydream . . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 15. When I have a lot of energy, I want to do something<br>really physical. . . . .                       | 1                           | 2                         | 3                           | 4                      | 5                          |
| 16. I question everything--how things work, what things mean,<br>why things are the way they are. . . . . | 1                           | 2                         | 3                           | 4                      | 5                          |
| 17. I can be so happy that I want to laugh and cry at the same time . . . . .                             | 1                           | 2                         | 3                           | 4                      | 5                          |
| 18. I am more energetic than most people my age. . . . .  | 1                           | 2                         | 3                           | 4                      | 5                          |
| 19. I can form a new concept by putting together a number of<br>different things. . . . .                 | 1                           | 2                         | 3                           | 4                      | 5                          |
| 20. Sometimes I pretend I am someone else . . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 21. The longer that I have to sit still, the more restless I get . . . . .                                | 1                           | 2                         | 3                           | 4                      | 5                          |
| 22. Things that I picture in my mind are so vivid that<br>they seem real to me. . . . .                   | 1                           | 2                         | 3                           | 4                      | 5                          |
| 23. I observe and analyze everything . . . . .  | 1                           | 2                         | 3                           | 4                      | 5                          |
| 24. I find myself mixing truth and fantasy in my thoughts. . . . .  | 1                           | 2                         | 3                           | 4                      | 5                          |
| 25. Theories get my mind going. . . . .   | 1                           | 2                         | 3                           | 4                      | 5                          |

|   | <b>Not at<br/>All<br/>Like<br/>Me</b> | <b>Not<br/>Much<br/>Like<br/>Me</b> | <b>Some-<br/>what<br/>Like<br/>Me</b> | <b>A<br/>Lot<br/>Like<br/>Me</b> | <b>Very<br/>Much<br/>Like<br/>Me</b> |
|---|---------------------------------------|-------------------------------------|---------------------------------------|----------------------------------|--------------------------------------|
| 26. I have strong feelings of joy, anger, excitement, and despair. ....                                       | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 27. I feel music throughout my whole body. ....   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 28. I enjoy exaggerating reality . . . . .  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 29. I feel like my body is constantly in motion . . . . .   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 30. I love to solve problems and develop new concepts. ....   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 31. I am deeply concerned about others. ....  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 32. I delight in colors, shapes, and textures of things<br>more than other people do . . . . .                | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 33. I believe that dolls, stuffed animals, or the characters in books<br>are alive and have feelings. ....    | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 34. Words and sounds create unusual images in my mind. ....   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 35. My strong emotions move me to tears. ....   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 36. I like to dig beneath the surface of issues. ....   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 37. I am moved by beauty in nature. ....  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 38. I am not sensitive to the color, shape, and texture of things like<br>some people are . . . . .           | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 39. When I am nervous, I need to do something physical . . . . .  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 40. I try to analyze my thoughts and actions . . . . .  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 41. I can feel a mixture of different emotions all at once. ....  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 42. I am the type of person who has to be active--walking,<br>cleaning, organizing, doing something . . . . . | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 43. I like to play with ideas and try to think about how to put<br>them to use . . . . .                      | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 44. I am an unemotional person. ....  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 45. I enjoy the sensations of colors, shapes, and designs. ....   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 46. The difference in aromas is interesting. ....   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 47. I have a talent for fantasy. ....   | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 48. I love to listen to the sounds of nature . . . . .  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 49. I take everything to heart . . . . .  | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |
| 50. I thrive on intense physical activity, e.g. fast games and sports. . .                                    | 1                                     | 2                                   | 3                                     | 4                                | 5                                    |

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