Intensity in Gifted Individuals (Overexcitabilities)

Silverman, L. (1993). *Counseling the gifted and talented*. Denver, CO: Love Publishing.

Psychomotor	Sensual	Intellectual	Imaginational	Emotional
▪ Heightened excitability of the neuromuscular system ▪ Capacity for being active and energetic; Love of movement for its own sake ▪ Organic surplus of energy [Rapid speech; marked excitation; intense physical activity; need for action] ▪ Psychomotor expression of emotional tension [Compulsive talking and chattering' impulsive actions; acting out; nervous habits (tics, nail biting); drive; work holism; organizing; competitiveness]	▪ Heightened experience of sensual pleasure or displeasure [Seeing; smelling; tasting; touching; hearing] ▪ Intense sexuality ▪ Sensual expression and outlets for emotional tension [Overeating; buying sprees; wanting to be in the limelight] ▪ Aesthetic pleasures [Appreciation of beautiful objects, words, music, form, color, balance]	▪ Heightened need to seek understanding and truth, to gain knowledge, analyze and synthesize ▪ Intensified activity of the mind [Curiosity; concentration; capacity for sustained intellectual effort; avid reading; keen observation; detailed planning; detailed visual recall] ▪ Penchant for probing questions; problems solving [Search for truth, understanding; tenacity in problem solving] ▪ Preoccupation with logic and theoretical thinking [Love of theory and analysis; thinking about thinking; non-judgmental introspection; moral thinking; conceptual and intuitive integration; independence of thought (sometimes criticism)] ▪ Development of new concepts	▪ Heightened play of the imagination ▪ Rich association of images and impressions (real and imagined) [Frequent use of image and metaphor; facility for invention and fantasy; detailed visualization; poetic and dramatic perception; animistic thinking; magical thinking] ▪ Spontaneous imagery as an expression of emotional tension [Animistic imagery; mixing truth with fiction; elaborate dreams; illusions] ▪ Capacity for living in a world of fantasy [predilection for fairy and magic tales; creation of private worlds, imaginary companions; dramatization] ▪	▪ Heightened, intense positive and negative feelings [Extremes of emotion; complex emotions and feelings; identification with others' feelings; high degree of differentiation of interpersonal feeling; awareness of range and intensity of feelings] ▪ Somatic expressions [tense stomach; sinking heart; blushing/flushing, pounding heart, sweaty palms] ▪ Strong affective expressions [Inhibition, timidity, shyness); ecstasy, euphoria, pride; strong affective memory; feelings of unreality, fears and anxieties; feelings of guilt; concern with death; depressive and suicidal moods] ▪ Capacity for strong attachments and deep relationships [strong emotional ties and attachments to persons, living things, places; compassion, responsiveness to others; empathy; sensitivity in relationships; difficulty adjusting to new environments; loneliness; conflicts with others over depth of relationship; intense desire to offer love] ▪ Well differentiated feelings toward self [Awareness of one's real self; inner dialogue and self-judgment]