

# Dabrowski Self-Evaluation

## Instructions:

Select the 3 if the statement is true about you in most areas of your life or very frequently

Select the 2 if the statement describes you sometimes or in some cases

Select the 1 if the statement does not really describe you or rarely describes you

## PSYCHOMOTOR

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

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**

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**

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**

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

Now, add up the number of points for each OverExcitability --

Psychomotor OverExcitability . . . . . Point Total

Sensual OverExcitability . . . . . Point Total

Intellectual OverExcitability . . . . . Point Total

Imaginational OverExcitability . . . . . Point Total

Emotional OverExcitability . . . . . Point Total

Do you think these results accurately reflect you? Why/not?

Now, using the results of the survey, or your own best judgment, order your OverExcitabilities from strongest to weakest and explain your selection (use information from articles to help support your response).