

Dabrowski's Overexciteabilities

(Adapted from Piechowski, 2006)

- **Psychomotor:** a surplus of energy that might appear as rapid speech, impulsive actions, nervous habits, or competitiveness
- **Sensual:** sensory and aesthetic pleasure gained through seeing, smelling, tasting, touching, hearing, appreciation of beautiful objects, writing, etc.
- **Intellectual:** learning and problem solving typically displayed through curiosity, concentration, analytical thinking, introspection, and moral thinking
- **Imaginational:** spontaneous imagery that results in a facility for invention and fantasy, poetic and dramatic perception, elaborate dreams, fears of the unknown
- **Emotional:** an intensity of feeling that produces complex emotions, identification with the feelings of others, extremes of emotion, and difficulty adjusting to change