

Table 1

FORMS AND EXPRESSIONS OF OVEREXCITABILITY

PSYCHOMOTOR

Surplus of energy

rapid speech, intense physical activity (fast games and sports),
pressure for action (organizing), 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, buying sprees, wanting to be in the limelight

INTELLECTUAL

Intensified activity of the mind

thirst for knowledge, curiosity, sustained concentration, avid
reading, keen observation, detailed visual recall, detailed planning,
passion for precision

Penchant for probing questions and problem solving

search for truth and understanding, tenacity in problem solving

Reflective thought

thinking about thinking; love of theory, analysis, and logic;
moral thinking; independence of thought (sometimes very critical)

IMAGINATIONAL

Free play of the imagination

frequent use of image and metaphor, rich invention and fantasy,
detailed visualization, animistic and magical thinking

Capacity for living in a world of imagination

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

Spontaneous imagery as an expression of emotional tension

catastrophizing, elaborate dreams, phantasms

Low tolerance of boredom

need for novelty

EMOTIONAL

Feelings and emotions intensified

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

inhibition (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

From Michael. M. Piechowski (2014). "Mellow out, They Say. If I Only Could." 2nd ed. Unionville, NY: Royal Fireworks Press.