

## Excitability Checklist



### Intellectual

- I am an independent thinker
- I can take challenging concepts and make them more understandable
- I question everything--how things work, what things mean, why things are the way they are
- I can form a new concept by putting together a number of different ideas
- I am observant and analytical
- My mind gets going over theories
- I love to solve complex problems
- I like to get beneath the surface of issues
- I like to play with ideas and try to think about how to use them
- I am deeply curious
- I have a love of learning and knowledge
- I am an avid reader
- I can hyper focus at times when I am intellectually engaged
- I want everything to be fair
- I ask deep, probing questions
- I always want to be right
- I need truth
- I like thinking about thinking
- I am a keen observer
- I love elaborate planning

### Imaginative

- I often daydream
- I have vivid or intense dreams
- I like to pretend I am someone else
- I picture things in my mind so vividly that they seem real to me
- Sounds can create unusual images in my mind
- I enjoy exaggerating reality
- I have an aptitude for fantasy
- I have a great sense of humor
- I am inclined to magical thinking
- I have a heart for poetry, music and drama
- I have detailed visualizations
- I love fantasy
- I'm an inventor
- I'm a worry wort
- I am afraid of the unknown
- I believe in magic
- I have had imaginary friends
- I'd prefer to be creating things
- I often use metaphors
- I use detailed images in my drawings and speech

### Psychomotor

- I am a competitive person
- I sleep too little or too much
- I tend to keep constantly busy
- When I finally have "down time" I tend to collapse.
- I find physically exhausting activities satisfying
- I enjoy being in motion
- I tend to respond to stress physically
- I have more energy than most people my age
- The longer that I have to sit still, the more restless or uncomfortable I get
- When I am anxious, I need to do something physical
- I am the type of person who has to be active--walking, cleaning, organizing, doing something
- I thrive on intense physical activity, e.g. fast games and sports
- I am a compulsive organizer
- I am fidgety
- I talk quickly and often
- I am impulsive
- I have nervous habits
- I express my emotions physically
- I can be compulsive (do things repeatedly)
- I have intense drive

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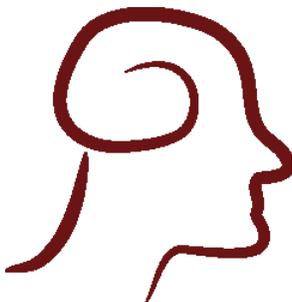
### Sensual

- I find the varieties of color and sound delightful
- Viewing art is a totally engrossing experience
- I feel music through my whole body
- I delight in shapes, textures and colors of things more than other people do
- I am moved by beauty in nature
- I love to listen to the sounds of nature
- I have a particular appreciation of beauty, whether in music, art, writing or nature.
- I am extremely sensitive to smells, tastes, or textures of foods
- I have extreme sensitivity to air quality
- I have extreme physical sensitivity (bothered by feel of some materials on the skin, clothing tags)
- I love to touch things
- I crave comfort
- I crave pleasure
- I am sensitive to smells
- I overeat
- I am distracted by sensory input (sights, sounds, smells, temperature, etc.)
- I get absorbed by art
- I love drama and the performing arts
- I appreciate aesthetics
- I get extremely into the things that I like

### Emotional

- I have strong feelings of joy, anger, excitement, and despair
- I am deeply concerned about others
- My strong emotions move me to tears
- I can feel a mixture of different emotions all at once
- I am an emotional person
- I take everything to heart
- I am prone to feelings of inadequacy and inferiority
- I am timid and/or shy
- I am lonely
- I have a heightened sense right and wrong, of injustice and hypocrisy
- I am prone to depression
- I have a high need for security
- I am very sensitive
- I am easily frustrated
- I am empathetic and easily affected by other people's moods
- I am often anxious or worried
- I feel very responsible for things, sometimes to the point of feeling guilty
- I have a strong memory for feelings
- I have difficulty adjusting to change
- I respond physically to emotions (blush, get stomach aches, etc)

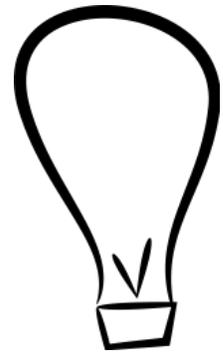
### What are your Intensity Superpowers?



**Intellectual - Hypercognition** – Your mind goes a mile a minute and you make connections others might not. You are a great problem solver and can come up with new ways of thinking. If left unchecked though, your active mind can keep you from concentrating or sleeping. You might be prone to overanalyzing and drawing hasty conclusions. It might be tempting to suppress your overactive mind through mindless activities such as watching TV, internet or substance use. Finding ways to bring more mindfulness into your life and practicing observing without judgment can help channel your mental energy in a positive direction.

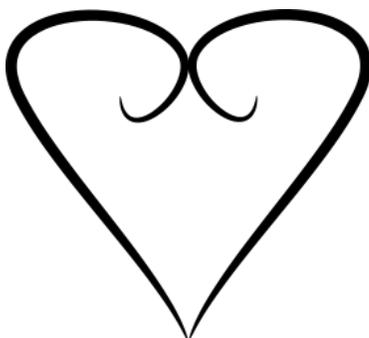
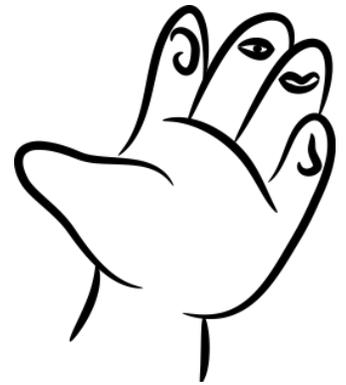
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**Imaginational - Creative Generation** – You have an intense imagination. You are a highly creative visionary with an active fantasy life. You are capable of great innovation and thinking outside the box. If you don't watch yourself though, you might lose touch with reality or have your head in the clouds. You also might be prone to invent and fret about problems that may never happen. If you've stifled your imaginative energy, you might feel stuck or stagnant. With solid grounding, your inspiration can soar.



**Psychomotor - Dynamic Animation** – People might describe you as animated and full of life. You can be inspiring, uplifting and charismatic and revitalize people and situations. When this energy gets out of control, you might be prone to inconsistent energy and/or perpetual overdrive. You might appear as wired, hyperactive or harried. At some point, you might burn out and feel listless and/or restlessly inactive. Make sure you are taking time to hit the pause button every now and then so you don't burn out.

**Sensual - Enhanced Perception** – You have an increased awareness of all five senses: sight, smell, taste, touch, and hearing. You have a strong appreciation for aesthetics and tend to be highly perceptive and observant. Because you are more physically sensitive than most, little things can irritate you and you might feel easily over stimulated. You might also be easily distractible by everything around you that others don't notice. It is possible that you have learned to tune these things out, but this can lead to more problems if you ignore your body's signals. Check in with yourself regularly to mindfully observe your body.



**Emotional - Emotive Augmentation** – You feel things deeply and may have a tender heart. You are also likely to be compassionate and concerned for others. With extreme positive emotions also comes extreme negative emotions and others might perceive you as overly dramatic. Your strong empathy might drive you to put other's needs before your own. It is possible you might try to avoid this by distancing yourself from your emotions and the people around you. Acknowledge your depth of emotion and celebrate it. Just take time to process things before you react out of emotion alone.