

## Appendix B

# Overexcitability Questionnaire – Revised (OEQ-REV)

(1997 Revision of the 21-Item OEQ)  
(M. M. Piechowski, 2006)

The purpose of the revision was to restore the items tapping experience through all five senses.

1. Describe how you feel when you are extremely joyous, ecstatic, or incredibly happy.
2. What has been your experience of the most intense pleasure?
3. How vivid are your dreams, daydreams, and fantasies? Describe.
4. What kinds of things get your mind going?
5. Describe what you do when you feel full of energy.
6. What attracts you in people you like, and what in those you become close to?
7. How do you act when you get excited?
8. How well do you visualize events, people, and things—real or imaginary? Give examples.
9. What do you like to concentrate on the most?
10. What physical activity (or inactivity) gives you the most satisfaction?
11. What pleasures do you derive from looking at things?
12. What pleasures do you get from different tastes?

13. What delights you in different smells?
14. What pleasures do you experience from touching?
15. What pleasures do you experience from different sounds?
16. Do you sometimes catch yourself seeing, hearing, or imagining things that aren't really there? Give examples.
17. How do you think about your own thinking? Describe.
18. What gives you the strongest urge to do something? Please elaborate.
19. Does it sometimes appear to you that things around you have a life of their own and that animals, plants, and all things in nature have their own feelings? Give examples.
20. When you are faced with a difficult idea or concept, what do you do in order for it to become clear?
21. What do you do when you feel poetic? Describe.
22. How often do you carry on arguments in your head? What sorts of things are they about?
23. When you ask yourself, "Who am I?" what is the answer?
24. When you were young, did you have an imaginary playmate? One or several? Please describe.