

Name:

Date:

| Trait | Strength Score: | | | Challenge |
|--|-----------------|------------|------------|-------------------------------------|
| | Trait | Resource | Challenge | |
| Fast and complex thinking | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Boredom, underexertion |
| High logical and analytical abilities | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Unacceptance of illogical matters |
| | | | 0 _____ 10 | Making things overly complex |
| | | | 0 _____ 10 | Difficulties with decision-making |
| Visual/ spatial style of learning and thinking | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | (seemingly) chaotic |
| Intense concentration skills Long attention span, stamina | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Non-reactiveness, daydreaming |
| | | | 0 _____ 10 | Fixation |
| Tendency for imagination, synesthesia | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Pathologization |
| Search for patterns | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Compulsion |
| | | | 0 _____ 10 | Need to be right |
| Divergent thinking/ creativity | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Being misunderstood |
| | | | 0 _____ 10 | Rejection |
| Very good memory | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Impatience |
| | | | 0 _____ 10 | Routines and practice |
| Little need for practice | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Acquiring learning processes |
| | | | 0 _____ 10 | Basic skills, learning strategies |
| Linguistic abilities | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Tendency to be a know-it-all |
| | | | 0 _____ 10 | Dominance |
| Critical thinking | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Uncomfortable questioning |
| | | | 0 _____ 10 | Balancing judgement |
| | | | 0 _____ 10 | Existential questions |
| Thirst for knowledge/ interest | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Exaggerated expectations of oneself |
| | | | 0 _____ 10 | Exaggerated expectations of others |
| Intrinsic, intellectual motivation | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Perfectionism |
| Long-term underexertion | 0 _____ 10 | | 0 _____ 10 | Learning strategies |
| | | | 0 _____ 10 | Frustration tolerance |
| | | | 0 _____ 10 | Stamina, self-motivation |
| | | | 0 _____ 10 | ADHC-like symptoms |

Giftedness Profile: Psychological and Physiological Traits

Name:

Date:

| Trait | Strength Score: Trait Resource Challenge | | | Challenge |
|---|---|------------|------------|---|
| Openness, independence | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Conformity |
| Need for input | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Stimulus dosage |
| High energy level | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Being „too much“ for the environment |
| High sensitivity and sensibility Affected senses: ◦ ◦ ◦ | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Stimulus dosage and filtering |
| | | | 0 _____ 10 | Social difficulties |
| Intense emotionality | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Regulating emotions |
| | | | 0 _____ 10 | Social difficulties |
| Strong sense of justice | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Pragmatism |
| Feeling of being different | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Loneliness |
| Ambivalence dilemma | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Balancing/ integrating needs |
| Narcissism | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Need for mirroring |
| | | | 0 _____ 10 | Stability of the sense of self-worth |
| | | | 0 _____ 10 | Appropriate appreciation/ depreciation |
| Self-worth | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Baseline Emotion |
| | | | 0 _____ 10 | Self-acceptance |
| | | | 0 _____ 10 | Self-efficacy |
| | | | 0 _____ 10 | Ability awareness |
| | | | 0 _____ 10 | System set-up |
| Fixed mindset | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Approaching challenges |
| | | | 0 _____ 10 | Impostor syndrome |
| Original ADHD | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Structure, concentration, impulsivity, inner peace |
| Symptoms on the autism spectrum | 0 _____ 10 | 0 _____ 10 | 0 _____ 10 | Emotions, stimulus processing, compulsiveness, prioritizing logic |