

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
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:			Challenge
	Trait	Resource	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
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