



## Recognizing giftedness (adults)

- You have felt “**different**” all your life
- You have trouble with **authority**
- You have a strong **sense of justice**
- You are usually very **bored** at birthdays and parties
- Your jokes are often not understood (preference for **language jokes**)
- People have trouble **understanding** what you say
- If this happens often, you assume that you will be **wrong**, because all others think otherwise
- You think **non-conformist**
- You were often not included in **school**
- You see **solutions** to problems very quickly
- You have a tendency to **addiction** (games, cigarettes, alcohol ...)
- You find it very difficult to **start** with something that needs to be done
- You are a real **world improver**
- You are very **faithful and loyal**
- You make **high demands**, especially on yourself
- You get **bored quickly**
- You hate **repetitions**
- You are **easily stimulated** by something
- You are easily irritated and **impatient**
- You have a lot of **inner turmoil**
- You often **worry**
- You can completely **lose yourself** in what you are doing
- Your ideas are not understood or even **completely ignored**
- People tend to think you’re **difficult or complicated**
- You are often **serious**
- One moment you **dare** everything and then nothing at all
- You have **low self-esteem**
- You often have the feeling that you are **performing below your level**
- You have problems **organizing** your life
- You **procrastinate**
- You often **don't finish** things
- You have many **fragmented projects**
- You have a strong urge for **stimuli**
- You are **hypersensitive** to sensory perceptions
- You are **creative** (music, drama, writing, ...)
- You are very **intuitive**
- You have **set procedures** for doing things
- You often do different things at the same time: **multitasking** (eg: reading different books at the same time)
- You always **see trouble** ahead

NB: Many gifted individuals recognize themselves in this list. But if you recognize yourself in this list, it does not mean that you are gifted. It may be a reason for further investigation.

Source: Rianne van de Ven, Coaching for Gifted Adults.