

Considerations for the Gifted and Talented

- **Mythology of the gifted** and talented (too smart/mature to be susceptible to addiction)
- **False conceptions of friendships/relationships** (including impacts on in-person interaction): social isolation
- Need for **immediate gratification** and the next 'fix' (ties into our understanding of 'flow'—gaming)
- **Amplifying perfectionist tendencies** (including obsession over numbers of 'friends' and followers/capturing experiences)
- **Related 'idealized world'** – seeking those who agree
- **Fear of Missing Out (FOMO)**: everyone is doing well but me
- **Dilution of attention** (faux multitasking/over commitment)
- Shortening (versus lengthening) the fuse: **executive function**
- Misinterpretation/ Emotional Intelligence/**Intensity**
- Greater **vulnerabilities in childhood and adolescence**
- **Critical consumers and producers of information** (resisting the urge to see ideas in print or onscreen)
- **Need for stability**: control and finding a place to exert it
- **Survival mechanism**: pain avoidance and craving pleasurable experience (albeit temporary)
- **Openness to new experiences** (craving novelty and the excitement of the new)