Emotional reactions are experienced as displeasing and threatening - renunciation and negation of emotional reactions.

The signals of emotions for behavior regulation cannot be used; behavior will not be admitted to emotions - lost information for behavior regulation.

Situation remains unclear and stressful - nasty feelings and emotional strain increase.

Behavioral strategies seem blocked; emotional tension becomes overwhelming.

Emotions are experienced as overstraining, internal emptiness, emotional deafness, and lead to self injury, aggression, drug use, suicide attempts.

Problems with handling, apperception, and acceptance of emotional expressions; fear among feelings and emotions.

Biological/genetic disposition to intense emotions; negative social learning history with emotions; less sensitivity to body and emotional cues.

Low stress level; many behavioral alternatives and coping possibilities.

Conclusion: Sensitization to normal emotional reactions [mindfulness, detection and interpretation of emotional cues (situational, facial), body awareness], training of adequate behavioral reactions in different social situations.

Biological/genetic disposition to intense emotions; negative social learning history with emotions; less sensitivity to body and emotional cues.

Low stress level; many behavioral alternatives and coping possibilities.