

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

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

Low stress level; many behavioral alternatives and coping possibilities.

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

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

**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.

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

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

Highest intensity of stress and tension triggers automatic dysfunctional reactions to reduce emotional strain.

Behavioral strategies seem blocked; emotional tension becomes overwhelming.

Increasing stress and tension due to fewer coping possibilities and behavior alternatives.