

Emotional Analysis Descriptions

- Physiological Anxiety - To feel excess physical anxiousness
- Obsessional Thinking - To think about the same issue or item repeatedly
- Hyper Vigilance - To be sensitive to the environment and constantly scanning it
- Worry - To be worried, concerned, anxious, troubled, or uneasy
- Hyper-Arousal - To be physically hyper, resulting in elevated vital signs
- Anger - To experience a strong feeling of displeasure or hostility
- Emotionally Impulsive - To make emotional decisions without forethought
- Self-Deprecation - To see and think about oneself in a negative manner
- Excessive Rationalization - To make something seem consistent with, or based on, reason to an extreme
- Victim Mentality - To think about oneself as having no control of forces or outcomes and the tendency to blame others for what happens in their worlds
- Hyperactive Attention - To have distractibility, hyperactivity, impulsive behaviors, and the inability to remain focused on tasks or activities
- Dislike of Novelty - To be unwilling to try new and different things
- Over Control of Emotion - To keep one's emotions kept inside vs. sharing feelings with others
- Emotional Rumination - To think about the same troubling issue over and over and over with never getting resolution
- Irritability - To be irritable and often with short patience and temper
- Socially Cavalier - Showing arrogant or offhand disregard; dismissive
- Socially Inappropriate - To make improper statements or gestures in a social setting
- Passive aggressive - To get back at another by doing things behind their back vs. addressing the problem with the person
- Excessive Self-Concern - To be worried about one's self and one's well being to an excess
- Lack of Emotional Self-Awareness - To be out of tune with one's feelings and emotions