



Emotionality Syndrome

If you have a difficult time experiencing emotion and if you try to over or under-regulate your emotions you could be suffering from a condition called “Emotionality Syndrome.” Emotionality Syndrome is often mistaken for Borderline Personality Disorder.

You might be suffering from Emotionality Syndrome if you find yourself doing the following:

- I suffer intense emotional discomfort that makes me want to escape or avoid my emotions.
- In spite of attempts to not feel emotion, I end up having gut-wrenching periods of emotional flare-ups that I cannot control.
- I avoid feeling my emotions by repeating a few of the same thoughts.
- I experience anxiety levels so high that I have anxiety or panic attacks.
- I’ve experienced trauma such as sexual abuse, other abuse or abandonment by a parent, or abortion.
- I’ve experienced several losses in my life.

If you’ve experienced some of the above emotional distresses, in all likelihood you are having a difficult time handling emotions. Perhaps your only real defense against these uncomfortable feelings is to try NOT to feel them. This process will only cause you more distress!
Emotionality Syndrome is NOT hopeless. There is help and hope available.

General information about Emotionality Syndrome taken from “Depressed and Anxious” by Thomas Marra, PhD, New Harbinger Press, Oakland, CA, ISBN# 1-57224-363-5

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Contact www.missingpieces.org***