

# SENSITIVITY vs. EMOTIONAL STABILITY

|                                   |                                                                                                                                                                                                                  |                                                                                                                                                                                                          |                               |
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| <b>TENSION LEVEL (+)</b>          | This facet describes a person's propensity to worry. As they are unsettled quicker than others are, they act more cautiously, detect aberrant developments early and rarely underestimate risks.                 | People with a low level of tension approach problems without worries and frequently evaluate situations optimistically. It can therefore happen that they evaluate situations too optimistically.        | <b>TENSION LEVEL (-)</b>      |
| <b>SOCIAL SENSITIVITY</b>         | Highly sensitive people get irritable quicker and more intensely than others do. They frequently act with a temper and feel, e.g. provoked sooner than people in whom this facet is pronounced less strongly.    | People with low irritability can be hardly unsettled and react more relaxed to provocation without losing their temper. A strong pronouncement of this trait can be perceived as indifference by others. | <b>LOW IRRITABILITY</b>       |
| <b>INCONSISTENT FRAME OF MIND</b> | People with mood swings initially look in themselves for the fault in case of failure. Failures can strongly influence their mood. To avoid negative emotional experiences, they question themselves critically. | People in whom this facet is strongly pronounced leave failures behind them more quickly. They are plagued more rarely by self-doubt and feelings of guilt.                                              | <b>STABLE FRAME OF MIND</b>   |
| <b>MODERATE SELF-CONFIDENCE</b>   | People in whom this facet is strongly pronounced quickly feel insecure when in contact with people they do not know. To avoid embarrassing situations, they tend to act rather carefully in social interactions. | Socially confident people are clumsy in few situations. They do not let others make them feel insecure.                                                                                                  | <b>SOCIAL SELF-CONFIDENCE</b> |
| <b>IMPULSIVENESS</b>              | People with strong impulsivity let themselves be guided by temptations and they give in to them and enjoy them.                                                                                                  | People in whom this facet is strongly pronounced control their behavior more than others do. This makes it easier to them to resist temptations.                                                         | <b>IMPULSE CONTROL</b>        |
| <b>STRESS EXPERIENCE</b>          | People with a strong experience of stress perceive the negative effects of stressful situations more intensely and they need to spend more energy for stress reduction.                                          | People with high resilience to stress do perceive stress but they can handle it for a longer time without feeling negative effects. They have a higher resistance limit.                                 | <b>STRESS RESISTANCE</b>      |