



# NEUROTICISM

## The Seven Facets of Emotional Sensitivity

1. **Moodiness:** Frequent emotional fluctuations, often triggered by minor stressors, leading to unpredictable shifts in demeanor.
2. **Anxiety:** Persistent worry about potential threats, fueling overthinking and physical tension.
3. **Fear:** Heightened sensitivity to perceived dangers, triggering avoidance or hypervigilance.
4. **Anger:** Intense irritability or hostility in response to frustrations or perceived slights.
5. **Frustration:** Low tolerance for obstacles, resulting in agitation when goals are delayed or blocked.
6. **Envy:** Resentment toward others' achievements, breeding self-doubt and social comparison.
7. **Loneliness:** Feelings of isolation even in company, rooted in perceived disconnection from others.

**Synergy & Impact:** These traits amplify emotional turbulence, creating cycles of distress. Moodiness and anxiety erode stability, while fear and anger strain relationships. Frustration and envy distort self-worth, and loneliness deepens emotional voids. Yet, awareness of these patterns can inspire growth practicing mindfulness, seeking support, and reframing thoughts can mitigate their grip. Neuroticism isn't a life sentence; it's a call to cultivate resilience, transforming sensitivity into self-compassion and emotional wisdom.

## Neuroticism

