

## Biosocial Theory

Why do I have so much trouble controlling  
my emotions and my actions?

Emotional vulnerability is **BIOLOGICAL**:  
It's simply how some people are born.

- They are more *sensitive* to emotional stimuli; they can detect subtle emotional information in the environment that others don't even notice.
  - They experience emotions *much more often* than others.
  - Their emotions seem to hit for no reason, from *out of the blue*.
- They have more *intense* emotions.
  - Their emotions hit like a *ton of bricks*.
  - And their emotions are *long-lasting*.

Impulsivity also has a **BIOLOGICAL** basis:  
Regulating action is harder for some than for others.

- They find it *very hard to restrain* impulsive behaviors.
  - Often, without thinking, they do things that *get them in trouble*.
  - Sometimes their *behavior seems to come out of nowhere*.
- They find it *very hard to be effective*.
  - Their moods get in the way of *organizing* to achieve their goals.
  - They *cannot control* behaviors linked to their moods.

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