# Chapter 28 Emotional Inhibition

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# Abstract

Emotional inhibition constitutes a dysfunctional verbal and nonverbal interaction between individuals. Emotional inhibition may be classified into genetic, repressive, suppressive, and deceptive inhibition, and the extreme form, emotional implosion. Overt emotional inhibition is characterized by reduced expressiveness, unemotional language, and shyness, all of which are related to dysfunctional bodily reactions and may be adaptive in a short-term social stress situation. In the long run, emotional inhibition is likely to have a harmful effect on the individual along any of three pathways: neurobiological, social-behavioral, and cognitive. There is implicit knowledge in most societies that emotional inhibition has negative health implications. Most psychotherapeutic techniques are directed at emotional behavior and experience and focus largely on changes in intra- and interindividual emotional regulation and the construction of meaning from emotional experience.