

Table 7

Five Kinds of Unawareness of Emotion Experience

Type of unawareness	Characteristics	Examples
Subject is world-focused.	Not aware of emotion as own state. Clinically unimportant unless state is longterm.	Everyday cases of world-focused emotion experience. Clinical extreme in anger disorders.
Detachment: reduced emotion phenomenology.	Diminished emotion / diminished hedonic quality of experience.	Intellectualization. Possibly ventro-medial pre-frontal damage.
Restricted modulation of analytic mode of attention: undifferentiated emotion experience.	Inability to attend analytically to emotion experience. Not aware of aspects of such experience as discrete experiential entities.	Infants; possibly alexithymics.
Deficient 2nd-order awareness. Attention impaired or deviated ('repression').	Emotion experience inaccessible to awareness (and to report).	Clinically relevant population of 'repressors'. Parachutists studied by Fenz and Epstein (1967). Developmental trauma leading to problem in representation of self.
Lack of categorical-emotion experience. Passive: lack of category. Active: misinterpretation	Emotion phenomenology not experienced as emotion or not as specific emotion	Everyday cases of lack of categorical-emotion experience. Clinical extreme in panic attacks; case of Pearson Brack. Category not applicable to self: some cases of anger disorder. Lack of category in individual and culture: e.g. 'fago' in Ifaluk.