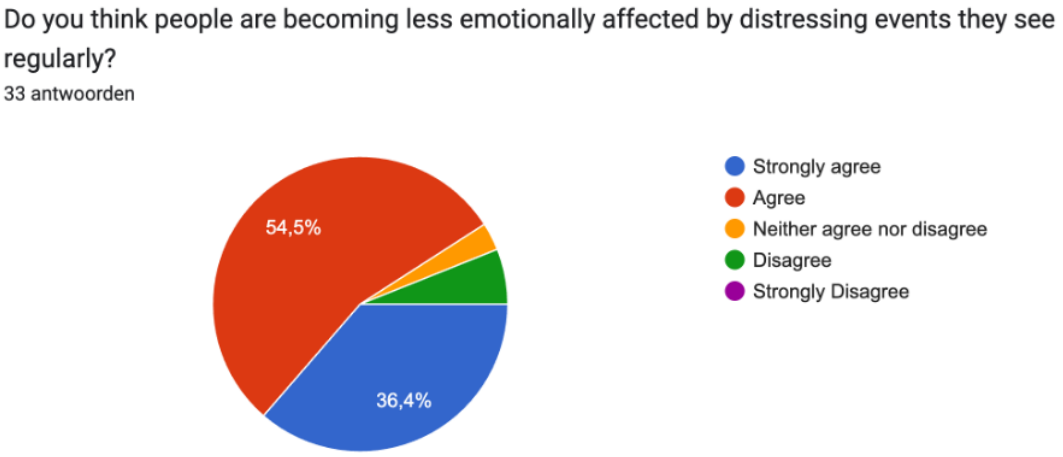
Survey Questions and Responses

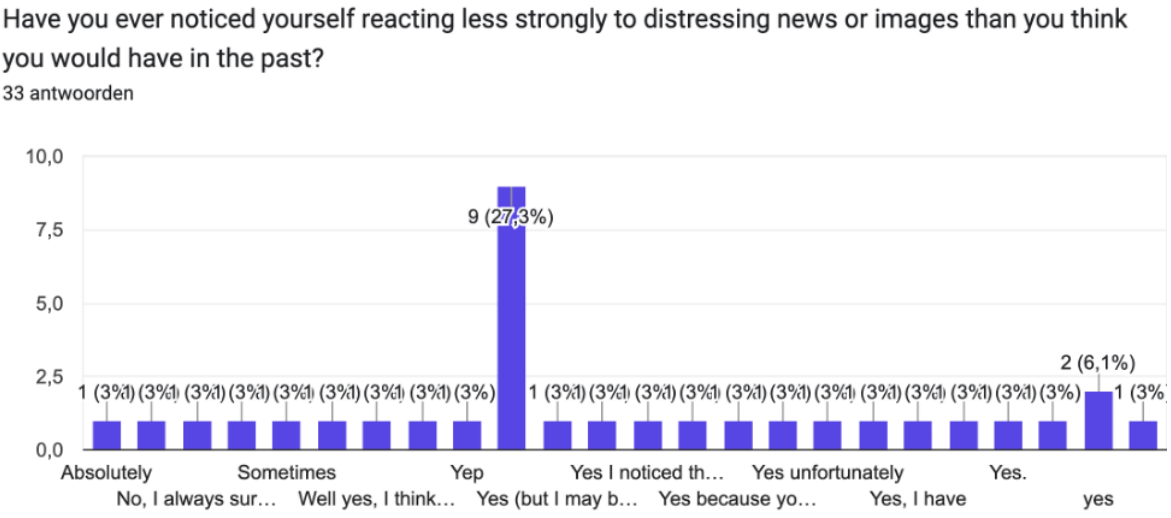
When you hear the term ‘emotional desensitisation’, what does it mean to you?

Participant	Response
P01	Numbness
P02	Hallo ik ben Sander
P03	Being used to pain and numb
P04	Withdrawal of emotions
P05	Not being « there » emotionally. Dissassociating emotionally
P06	No clue
P07	Going to secret places in my mind, where only I am and nothing can touch me.
P08	Not having an emotion attached to something
P09	feeling less because of to many information through all kind of media?
P10	Going through something in your life and losing emotions
P11	Not much as I didn't know the word "desensitisation" before I just Googled it.
P12	a psychological process where a person's emotional reaction to a stressful, upsetting, or scary stimulus becomes weaker after repeated exposure
P13	To me it means a person losing the natural response they have to certain stimuli, almost being numb to the things that are supposed to get an emotional reaction out of us.

P14	I'll offer an example: consider the global economy, where articles about rising costs appear daily. Initially I felt anxious about my future, but the duration has left me largely indifferent.
P15	It's a brain response that lowers your emotions because of high stress or other things.
P16	It reminds me of what the world is like now because of social media, and that makes me scared for the future.
P17	Less response to negative things after repeated exposure
P18	being emotionally disconnected or something
P19	It means that I don't react as intensively as before to certain events.
P20	Emotional detachment
P21	A psychologisch reaction where the brain keeps decreasing a reaction to a certain stimulus.
P22	Regularly being exposed by disturbing content -> becoming familiar and numb to it
P23	A stimuli that is presented multiple times results in a reaction that get's smaller after every exposure.
P24	Reduced sensitivity to something
P25	I tried to convey my thoughts and opinions to people. At that time, some guys are ignored or exposed like not interested in. From this experiences, I felt like emotional desensitisation. Also, the hospitality is so important to keep our emotions.
P26	the concept of people not understanding or witnessing emotions
P27	To have seen so many emotionally triggering images or videos that we do not feel the same reaction to such content anymore.

P28	Less emotional reaction due to extreme exposure to these emotions?
P29	People getting used to seeing negative / shocking things, and it not shocking them anymore overtime - it becoming normalised.
P30	Becoming less sensitive to emotions.
P31	That you doesn't feel as much emotions to something that should make you feel something.
P32	I don’t know what it means





Why do you think people can continue with their everyday lives even when they are constantly exposed to suffering, violence or distressing events around them or through the media?

Participant	Response
P01	You have no choice
P02	Because people process - put it in perspective and continue with their lifes
P03	There’s not much they can really do to help, and those disasters just feel so distant from their everyday lives
P04	Same mechanics as exposure therapy
P05	Cause it’s not happening to them
P06	I think people get used to those events by seeing them so much online
P07	Because sometimes, the thing that happened to them, emotionally ruined them so much, other things can't seem to 'matter', or would matter less. The pain felt at one point, broke an emotional barrier.
P08	I think so, but i think it’s also very hard to do so
P09	it’s their way to survive and move on, like people do in war zones, they keep on doing the daily usual things, they cook, wash, make their bed,...
P10	Because we have been desensitized with social media (x, instagram, tiktok, youtube, etc)
P11	When you are constantly exposed to certain situations it starts becoming the new normal I guess. Which doesn't necessarily mean you care less, but your brain and body learn to cope with it instead of remaining in a state of panic al the time.
P12	Its ‘normal’

P13	I believe the desensitization is caused by the easy access we have to disturbing news or images thanks to social media. We live in a social climate where we are one swipe away from seeing something horrific, and the first few times it can be genuinely terrifying and disheartening but after a while we all just get used to it and accept that this is the world we live in.
P14	We adapt well to our environment, and working while keeping our heads down lets us maintain a stable life. Because we stay occupied and keep our minds engaged, we simply overlook what is occurring.
P15	Probably because people just go on autopilot and stick to their routine.
P16	they get used to seeing suffering and violence in the media. It doesn't affect them anymore because they have become insensitive to it
P17	Because it doesn't affect them directly. Although they think the things they see are bad and shouldn't be happening, they don't really grasp that it's actually happening to fellow people.
P18	because we have a bystander effect, we feel like we can't do anything about situations that are far from us
P19	It becomes the new norm so they get used to it. They also begin to relativize.
P20	Because there is so much these days, we talk about and let it go. And that people think about there life and don't want to think every hour about others.
P21	Because a person has a certain auto pilot to keep going, as a defence

P22	Because through scrolling, you forget what you were exposed to with the next video that evokes different emotions
P23	All you need to do to find a distraction is scroll. It is very easy to find media tailor made doe however you are feeling.
P24	There is little they can do about it, so they simply keep hoping for the best
P25	You see it so much, you get numb since news is so fast
P26	Because we have no chance to live forward. Make a money, support their family, etc.
P27	It’s normalised in our society
P28	Because they shouldn't have to worry about all of those things. You cannot live normally if you have to worry about every single event that's happening around the globe.
P29	Because it doesn’t happen to them or doesn’t happen to people they know.
P30	Because the human brain has neuroplasticity so when our brain is constantly exposed to certain information, our brain forms bonds that start getting familiar and used to it. Shocking us less overtime
P31	Because we don’t really have a choice. No matter how bad it is, life goes on. These things existed before too they just weren’t digitalised.
P32	You kinda have to, if you make it affect you too much you just fall into a dark hole.
P33	You wouldn’t be able to live if you had the same deep emotional reaction to every distressing event you encounter. You get used to it and protect yourself so you don’t lose hope or become depressed