


Calming Down

Emotion Regulation




What is emotional regulation?

- What are your goals when you try to regulate emotions?
- What works for people you know?
- Can people regulate all emotions?
- Emotion Regulation: strategies to control:
 - Which emotions we have
 - How strongly we experience them
 - How strongly we express them
 - Guided by personal & social motives



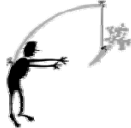
How Easy Is it?

- Requires insight into your emotional states
 - Emotion knowledge
 - Bodily sensations/ expressive behavior
- Requires insight into expectations/ goals for current situation
 - Appropriateness of any given expression
 - Knowledge/ skill for modifying emotion when desired
- Greater regulation/ control with
 1. Higher levels of emotion knowledge
 2. Developed ability to tolerate negative emotion



Motivations

- Hedonic Motivation: Reduce pain/ enhance joy
- Performance Demands: Get the job done well
- Prosocial Goals: Help others feel good
- Self Protections: To reduce emotionality in others
- Impression Management: Meet cultural expectations



Norms/ Expectations

- Cultural Norms
 - Intensity/ role
- Situational Norms
 - Weddings/ funerals/ graduation/ birthdays
- Gender Norms
 - Women: relationship enhancing & low power emotions
 - Men: high power emotions
 - (the power of these expectations is diminishing, Timmers, 2003)
- Workplace norms
 - Suppression of negative emotion



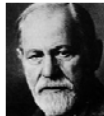
Emotional Intelligence

- Access & express internal emotional states
- Appraise the determinants of emotional states
- Generate states that enhance performance
- Perceive other's accurately
- Manage emotions in yourself and others
- Bad example



Freud's Early Theory

Ego Defense Mechanisms

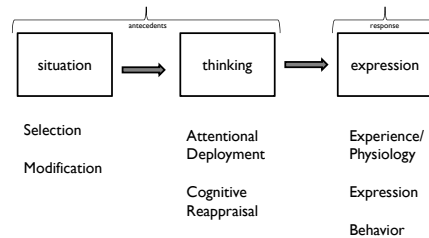


Adapted	Inhibited	Distorted
Intellectualization <i>Focus on logical</i>	Fantasy <i>Daydreaming to fulfill desires</i>	Denial <i>Refuse to accept reality</i>
Suppression <i>Not think about a disturbing event</i>	Reaction formation <i>Adopt opposite attitudes</i>	Projection <i>Attribute own attributes to someone else</i>
Sublimation <i>Express unacceptable desires in acceptable fashion</i>		Displacement <i>Direct emotion/ action to alternative target</i>
		Repression <i>Forget/ block memory</i>

Most mature

How do we regulate

- Process Model, Gross 1998



- Can regulate at any point in the process

Situation Focused

- Earliest strategy
 - **Situation Selection:** Seek/ avoid situations
 - Seeking positive situations – walks in nature, relaxation more resilient in the face of stress (money in the bank)
 - Extreme avoidance of negative situations predicted depression/ risk of heart failure in heart patients
 - **Situation Modification:** Modify situations
 - Predicts positive health & psychological measures
 - Even perception of control to improve outcomes leads to well being
 - Study of painful heat on arms/ use of computer to control duration
 - Can you gain a sense of control?
 - Cognitive rehearsal – imagining the steps to success in great detail
 - Inoculation – imagining success on progressively more difficult/ similar tasks



Cognition Focused

- Coming....