

There are 5 'families' of emotion regulation that can be categorised into proactive and reactive



Situation selection

Deliberate choice to avoid or engage things or settings that can bring forth particular emotion(s)

Proactive



Situation modification

Purposefully adapting or changing things or settings to make it easier to regulate emotion or to encourage constructive use of emotion(s)

Reactive



Cognitive change or reframe

Looking or considering something from a new or different perspective to alter the intensity, duration of an emotion or to change to a new emotion



Attentional deployment

Shifting your own or others focus from one thing to another to help regulate the emotion(s)



Response Modulation

Using techniques to suppress, repress or intensify the emotion(s) that are already being experienced

Emotion Regulation is:

An approach to help individuals have greater choice over their emotional state, made up of proactive and reactive strategies to deal with occasions where emotions are present



Useful questions if / when you are in / going to be in emotionally charged situations



Where do you focus when you are emotionally charged?



How could you think about this differently?



What might you be able to change about the people, topic, location or approach to make it more constructive for you (and others)?



Do you have to go into that situation?
What could you do instead?



How will you express that (in a constructive way)?

How to support the constructive expression of emotion(s)



Share with others



Label or name how you are feeling.
Knowing you are emotional is good,
naming it is better



Record feelings and thoughts in
writing or audio



Ask yourself 'does the intensity of
this feeling reflect the situation? If I
look back in 2 months time, will I
think the same?'



Holding emotion in (through suppression or repression) is the most destructive approach