

Situation Selection

Gross (2013)

Emotion Regulation Strategies

Whatever emotion regulation goals people may have, they can do many different things to achieve them. They can even do many different things at once—or at least in quick succession. For example, after a stressful day, some people might turn off their cell phone, have a beer, and watch an entertaining program on television while holding hands with their partner. This kind of mixing of regulation strategies is probably common in everyday life. For analytic purposes, however, the process model distinguishes five families of regulatory processes.

The most forward-looking approach to emotion regulation is *situation selection*. This type of emotion regulation involves taking actions that make it more (or less) likely that one will end up in a situation that one expects will give rise to desirable (or undesirable) emotions. Examples include avoiding a grumpy neighbor, arranging a play date for a child, or seeking out a friend with whom one can have a good cry. Despite the commonness of situation selection, it is hard to tell how one will feel in different situations (in the case of intrinsic regulation), and harder still to be sure how another person will feel in various situations (in the case of extrinsic regulation).

- 1) Have you used this strategy today? When? What was the situation?
- 2) Have you used this strategy at camp? When? What was the situation?
- 3) How do campers (or peers) use this strategy at camp? When? What was the situation?

Source:

Gross, J. J. (Ed.). (2013). *Handbook of emotion regulation*. Guilford publications.