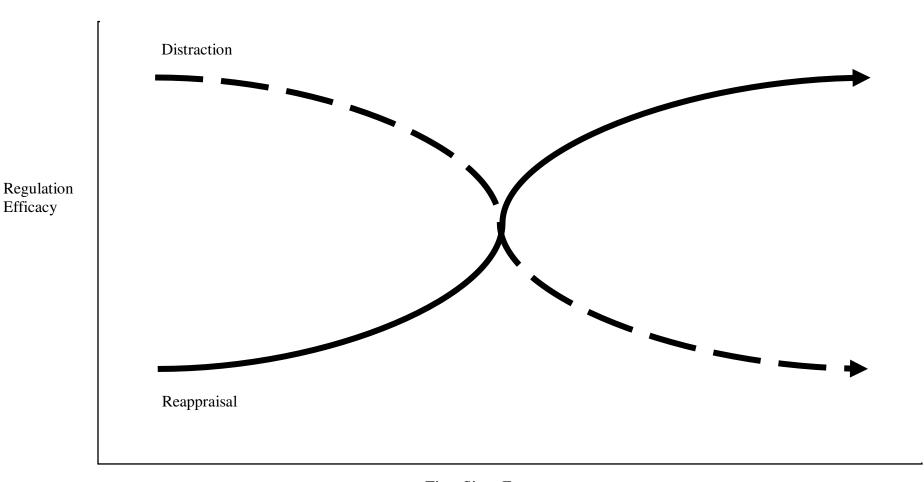
Regulation Strategies Over Time

Sheppes, G., & Gross, J. J. (2011). Is Timing Everything? Temporal Considerations in Emotion Regulation. *Personality and Social Psychology Review*, *15*(4), 319–331. https://doi.org/10.1177/1088868310395778



Efficacy

Time Since Event