

# Reappraisal

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.

*Cognitive change* refers to modifying how one appraises a situation so as to alter its emotional significance, either by changing how one thinks about the situation or about one's capacity to manage the demands it poses. Sometimes, cognitive change is applied to an external situation (e.g., "This interview is a chance for me to learn more about the company"). At other times, cognitive change is applied to an internal situation (e.g., "I'm not anxious—I'm getting 'pumped up' for a game, and this will help me play my best"). One particularly well-studied form of cognitive change is *reappraisal*; this form of cognitive change is often used to decrease negative emotions, but it can also be used to increase or decrease negative or positive emotions (Samson & Gross, 2012).

- 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.