

Attentional Deployment

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.

Attentional deployment refers to directing attention within a given situation in order to influence one's emotions. Attentional deployment is one of the first emotion regulatory processes to appear during development (Rothbart, Ziaie, & O'Boyle, 1992), and it is used from cradle to grave, particularly when it is not possible to modify one's situation. One of the most common forms of attentional deployment is *distraction*, which focuses attention on other aspects of the situation or moves attention away from the situation altogether; distraction also may involve changing internal focus, such as when someone calls to mind thoughts or memories that help to instantiate the desired emotional state (Thiruchselvam, Hajcak, & 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.