

# Situation Modification

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.

*Situation modification* refers to directly modifying a situation so as to alter its emotional impact. When one's parents visit at college, situation modification may take the form of hiding piles of dirty laundry or questionable artwork. Parents also engage in their share of situation modification, which ranges from helping with frustrating math problems to suggesting games to play on a rainy day. Because efforts to modify a

situation may effectively call a new situation into being, it is sometimes difficult to distinguish between situation selection and situation modification. Also, although "situations" can be external or internal, situation modification—as I mean it here—has to do with modifying external, physical environments. Modifying "internal" environments (i.e., thoughts) will be considered later, in the context of cognitive change.

- 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.