

Expressive Suppression

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 fifth family of emotion regulatory processes, *response modulation*, occurs late in the emotion-generative process, after response tendencies have already been initiated, and refers to directly influencing experiential, behavioral, or physiological components of the emotional response. Physical exercise and deep-breathing relaxation techniques can be used to decrease experiential and physiological aspects of negative emo-

tions, and alcohol, cigarettes, drugs, and even food also may be used to modify emotion experience. Another common form of response modulation involves regulating emotion-expressive behavior. One well-researched example of response modulation is *expressive suppression*, in which a person tries to inhibit ongoing negative or positive emotion-expressive behavior.

- 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.