

Seminar paper from the year 2011 in the subject Psychology - Social Psychology, grade: 1.33, Jacobs University Bremen gGmbH, course: Emotion and Motivation, language: English, abstract: Looking at emotion regulation from five different perspectives, this paper provides an overview of the broad field of emotion regulation. As suggested by Cornelius (1995), the perspectives considered include the Darwinian, the Jamesian, the Cognitive and the Social Constructivist perspective. Additionally, as the field of neuroscience recently made some important contributions to emotion regulation, it is also considered as a fifth perspective.

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A clearer categorization of emotion and ER perspectives is offered: processes ( Lazarus, ), then all five ER points contribute to the generation of. emotion.

Price, review and buy Regulating Emotions: Five Perspectives by Lea Kliem - Paperback at best price and offers from torispelling.com Shop Education, Learning. question from numerous perspectives: How intense is your emotional reaction? . The five-stage model of emotion regulation (Gross, b; Gross & Thompson .

In the third section, we use an emotion regulation perspective to examine . Figure 1: Process model of emotion regulation that highlights five families of. Emotional self-regulation or emotion regulation is the ability to respond to the ongoing Neuropsychological perspective model posits five different families of emotion regulation that correspond to the regulation of a particular point in the. In the opening sections of the chapter, we discuss the nature of emotions and emotional regulation from an OB perspective by introducing the five-level model, . Although the trend when explaining emotions from a historical point of view . Emotions and their expression are regulated by social norms, values, and expectations. .. has five appraisal components that can produce 14 discrete emotions. Moreover, the ability to regulate thoughts, feelings, and actions helps children Understanding Self-Regulation from an Applied Developmental Perspective. Unbridled imagination and the ability for sympathetic regulation of empathy may They led to a new perspective on emotion-related gains and losses from.

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