Regulating Emotion Regulation

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Recalled reactions to suffering close others.

Self-Reported Behavior

Perceived Emotion Control

Helped & Accommodated

Critically & Expressed Frustration
Manipulating perceived emotion control.

Emotion rationality predicts ease of reappraisal:

Easier to reappraise $\rightarrow$ More responsible for emotion
Manipulating perceived emotion control.

Capacity to reappraise depends on target’s *rationality*:

- **Cognitive incapacity**: Not responsible for irrational emotions
- **Physical incapacity**: Still responsible for irrational emotions
Summary

People are emotion regulation regulators.

People expect and enforce others to regulate their emotions if they can and track features of emotions and persons that predict emotion regulation success.
Thank you!

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