

# Regulating Emotion Regulation

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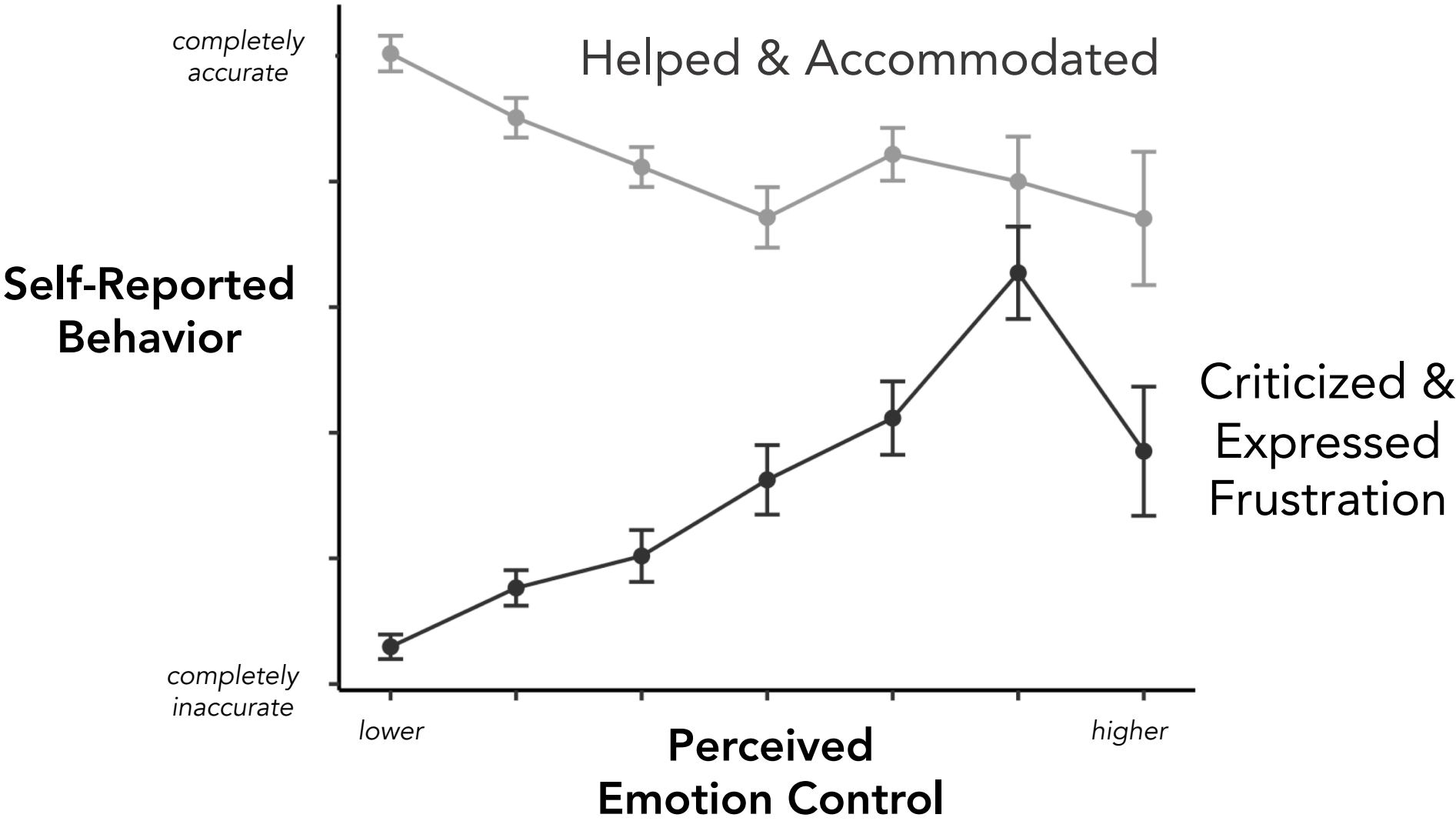
*Montreal, Canada*



Geoff Goodwin

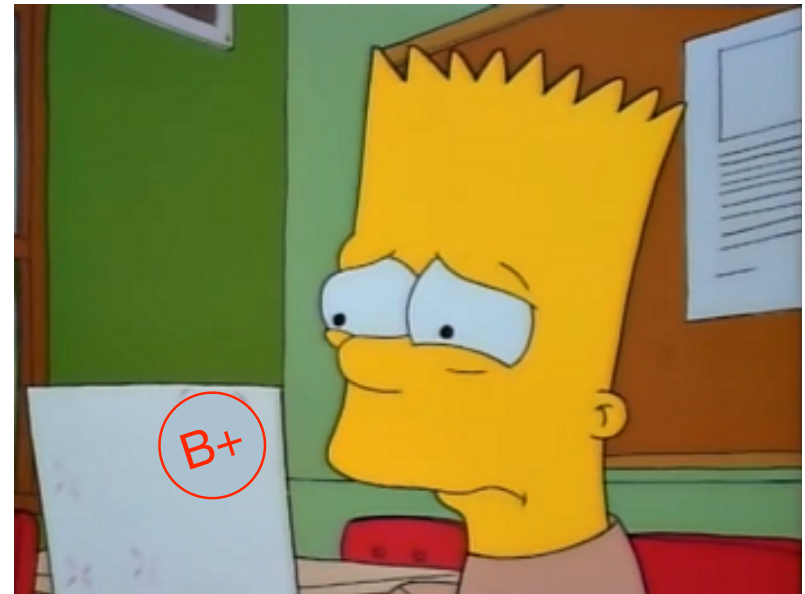
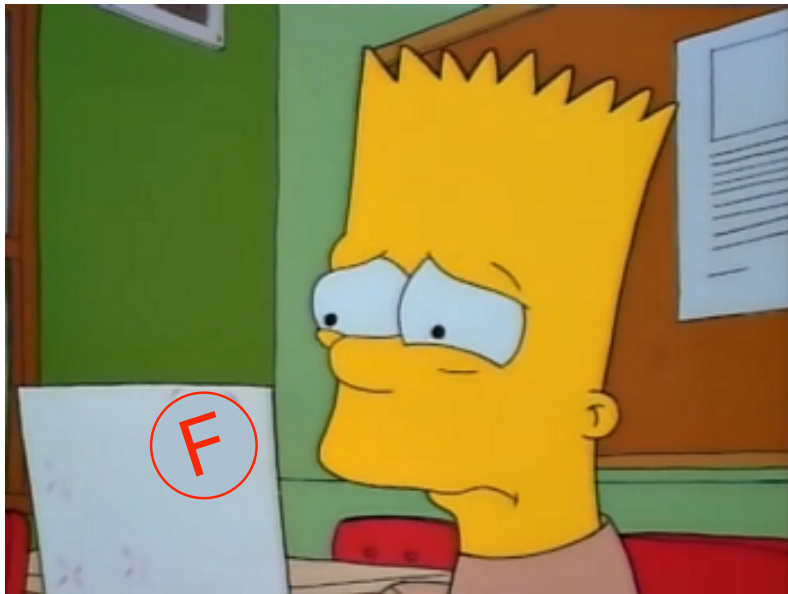


# Recalled reactions to suffering close others.



# Manipulating perceived emotion control.

Emotion rationality predicts ease of reappraisal:



Easier to reappraise →  
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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Collaborator:



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