

REGULATION

Psychologists have found that it is nearly impossible to avoid negative emotions as they happen.

What's more, they have found that it is actually **UNHEALTHY** to suppress these negative emotions.



What we as humans DO have control over, is recognizing and regulating how these emotions come and go.



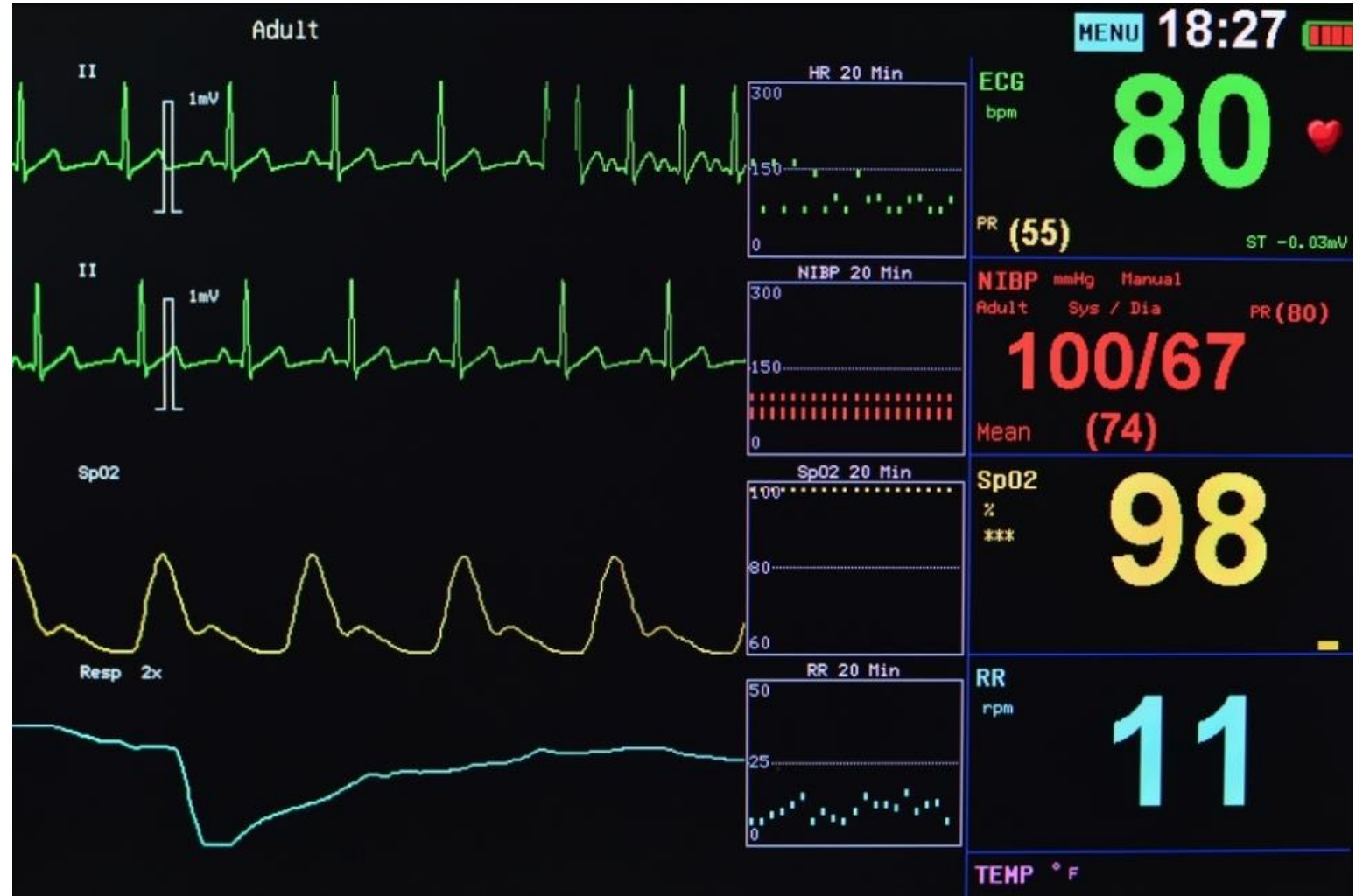
Psychologists cannot experiment with this with 100% accuracy, because it is unethical to submit someone to trauma for a science experiment.



What scientists did instead, was to observe subjects while they watched horror movies.



**Subjects
were hooked
up to heart
rate, blood
pressure and
perspiration
monitors.**



Experimenters were observing two conditions:

- 1) subjects who grimaced and covered their eyes at the scary parts**
- 2) Subjects who suppressed the fear and did not look away**



CONDITION	HEART RATE	BLOOD PRESSURE	PERSPIRATION
Grimaced + looked away (natural reaction)			
Suppressed fear (kept reaction hidden)	HIGHEST	HIGHEST	HIGHEST

Another study looked at parents coming home to their children after work.

The study looked at two conditions:

- 1) Parents who suppressed their stress from their work day**
- 2) Parents who shared about the stress of their work day**

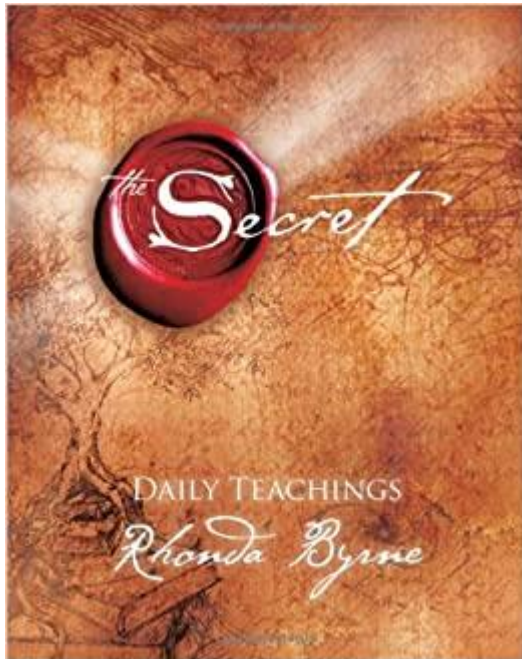


The study had the parents play with their young kids after work.

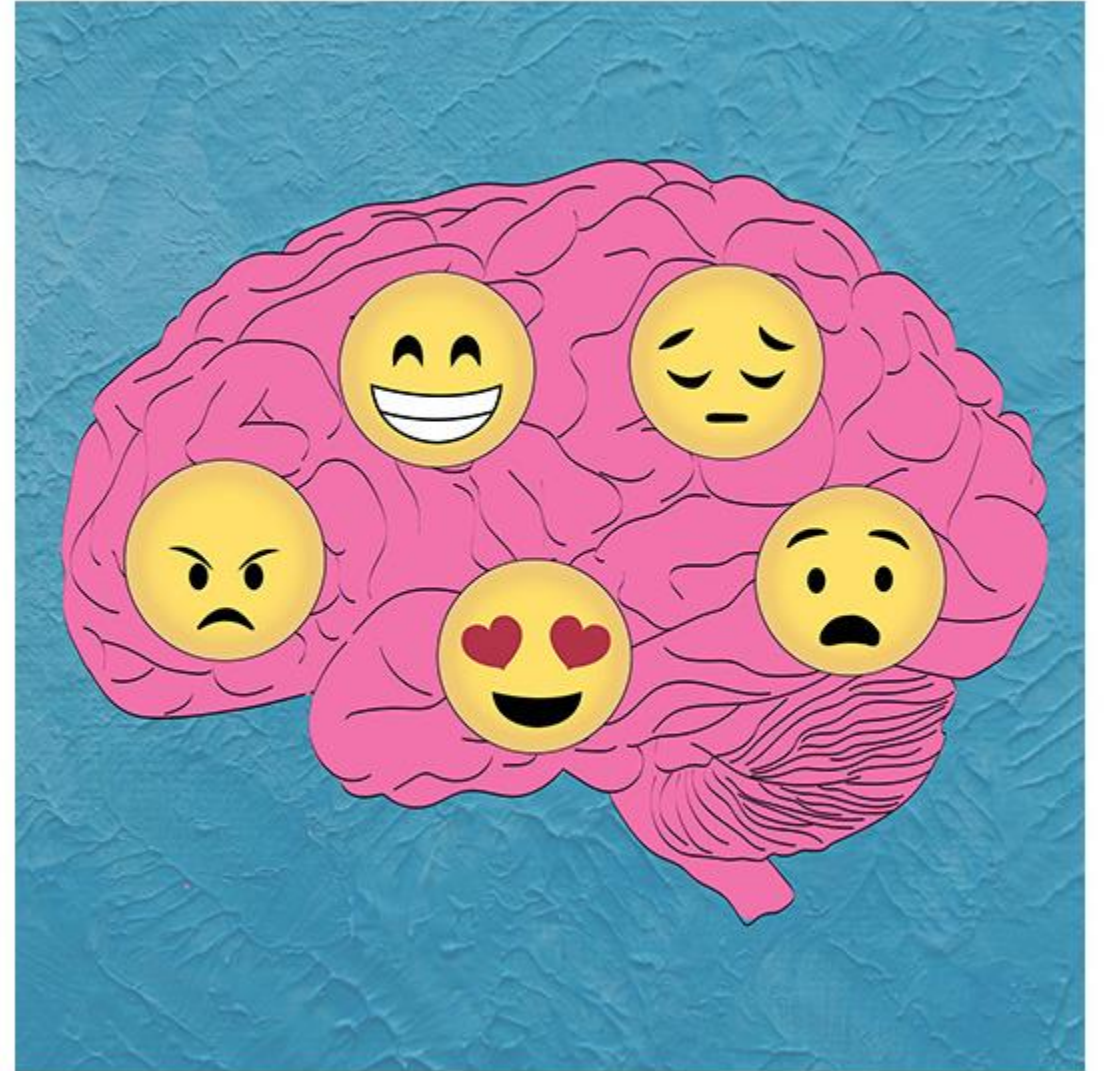
**The parents who had shared about their stressful day had more fun playing with their kids.
And ...
The kids had more fun playing too!**



The Secret and “Positive Thought Movement”



**We need to
plan for the
negative in
order to be
happier
overall.**





Buddhism

“life is suffering”

We can only control our reactions.

**Don't think about
the white polar
bear.**

Emotional Regulation

**The ability to talk yourself
through the negative
overpowering emotions.**

Self-Talk

**Reminding
yourself of
the strategies
you know that
help you feel
better.**

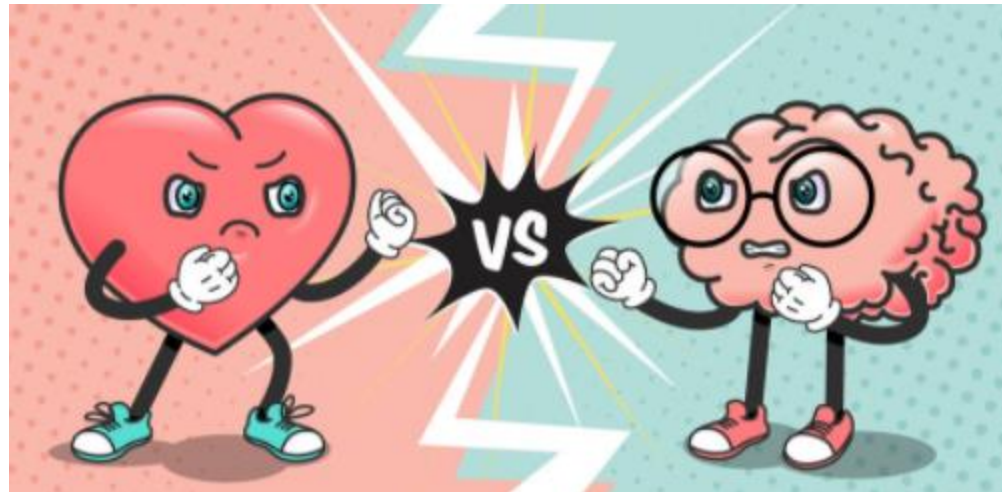


**Psychologists have found
emotional regulation works
best with psychological
distancing.**

Psychological Distancing

Separating your emotional state and your mental strength.

Because... you **KNOW** what to do!



Psychological Distancing
Talking to yourself in **third**
person.

**“I should count to ten and take deep
breathes”**

“Deep breathes Hadley, count to ten”

Temporal Distancing

Reference past experiences.

“You’ve gotten through this before”
“You know what to do Hadley”



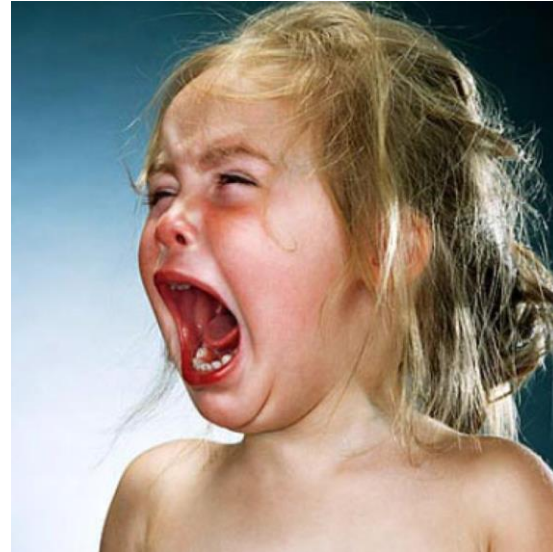
When a fair but unfortunate thing happens to you there is under 1 point in happiness drop.

“Those are the natural consequences”

When an unfair thing happens to you, there is no drop! You rationalize that they don't know what they are talking about.

“This is totally ridiculous and unfair”

What about someone totally losing it???



Emotionally Deregulated

