

handbook of emotion regulation pdf

Emotional self-regulation or emotion regulation is the ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed. It can also be defined as extrinsic and intrinsic processes responsible for monitoring ...

Emotional self-regulation - Wikipedia

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Models of emotion. There are many different theories about the nature of emotion and the way that it is represented in the brain and body. Of the elements that distinguish between the theories of emotion, perhaps the most salient is differing perspectives on emotional expression.

Emotional expression - Wikipedia

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Emotion regulation, procrastination, and watching cat

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Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84, 191-215. [This is Bandura's seminal article in which he introduced the construct of self-efficacy.]

Publications by Albert Bandura - University of Kentucky

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Emotions - Encyclopedia on Early Childhood Development

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