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Emotion Regulation and Valance Bias

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Method

Participants are successful in regulating their emotions (less negative ratings during reappraise than maintain).

Results

As hypothesized, the participants rated these ambiguous surprised faces less negative after they practiced regulating their emotions. This is an indication that these emotion regulating exercises may be beneficial to those who might have a more negative bias, and those who have difficulties regulating their emotions (anxiety, depression). These exercises could help provide individuals with the tools to develop a healthier and more positive outlook on life.

References