An Annotation Scheme for Interpersonal Emotion Regulation Strategies

Some definitions up front:

We define **interpersonal emotion regulation** as a person's reaction to an emotional expression of their conversation partner that helps the conversation partner recognize, label, understand, and process their negative emotions.

The term **interpersonal** refers to processes taking place between two or more people.

The term **strategies** refers to something somebody does or says to achieve a certain goal - in this case alleviating a conversation partner's negative emotions.

Interpersonal emotion regulation startegies

Empathy	Showing empathy, i.e. feeling and understanding a conversation partners emotions. The person showing empathy need not necessarily have experienced the same feelings. [See also *Mirroring*]
Encouragement	Giving a conversation partner hope, assuring them they will be fine, or that they are doing the right thing.
Humor	Making a humorous comment to lighten the mood.
Mirroring	Directly relating with a conversation partner's feelings. Other than empathy, the person needs to have experienced the same feelings. [See also *Empathy*]
Perspective	Making a general claim about humans or human behavior that puts a conversation partner's feelings into perspective.
Reflection	Asking a question to help a conversation partner reflecting their situation.
Sharing	Sharing a personal story related to the conversation partner's feelings, showing them that they are not alone.
Solution	Trying to provide a solution for a conversation partner's problems/feelings.
Validation	Validating a conversation partner's feelings, reassuring them. This applies only to expressions without explicit emotion words, which should be considered empathy. [See also *Empathy*]
Reappraisal	Highlighting positive aspects of a negative situation.