Title:

Quasi-Naturalistic Stimuli Show Gaps Between Emotion Regulation Usage and Forecasting

50-Word Max Abstract:

Three studies explored differences in emotion regulation forecasting and usage among untrained participants. Forecasters overpredicted how often and how effectively people used distraction, but not reappraisal. This pattern persisted across a haunted house, horror videos, and text-based vignettes and emphasizes the need for greater external validity in emotion regulation research.