



I am experiencing interpersonal conflict with someone close which is difficult to overcome.

Identify Emotion

[€]Emotion

The seeker feels sad.

Understand Emotion

*Emotion Stimulus

The seeker has conflicts with someone close.

¹⁹Individual Appraisal

The seeker thinks it's difficult to overcome.

Regulate Emotion

Strategy Reason

To provide immediate reassurance, the supporter can use "Immediacy" to address the seeker's feelings of sad.

Response

I can sense how difficult this must be for you.

I'm here to support you.

