The second take-home assignment

Weiqi Wang

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Dr. James Kelleher

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Emotions can be distinguished from moods (Gross, 2015, p2). Emotions, such as anger or sadness, usually involved changes in a person’s subjective experience and often also involves changes in behavior and physiological states of the body (p3). Moods, such as irritability (grumpiness), feeling “down” or feeling “great” tend to last longer than emotions (p3). Emotions tend to be triggered by events (p3). Analogy: Moods are likely “emotional climate”, whereas emotion seems the “weather”.

Gross (2015, p3) pointed out the difference between emotion and mood: emotion is more instable than mood, which is easier be influenced by matters in life. There are two different types of emotion regulations: intrinsic emotion regulation and extrinsic emotion regulation. Most of the time, when people controlling their emotion consciously, usually they have a goal, such as reduce their negative emotion and gain positive emotion (p5). A people try to regulate his own emotion is defined as intrinsic emotion regulation, and try to regulate others emotion is defined as extrinsic emotion regulation (p5). People will take different emotion regulation methods, such us hit the pillow, chatting with friends or doing sports (p7). Sometime distraction can help people reduce negative emotions because the people will not very focus on their negative emotions if they are distractive (p8). The emotion regulation skill is influenced by age. The emotion regulation skill of a baby is weak, and an adult has a much better regulation skill than teenagers (p18). In conclusion, emotion regulation is the method to minimize negative emotions as much as possible.

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