



Emotion Regulation: Navigating the Labyrinth of Human Experience

Stefano Puglisi Allegra*

Department of Psychobiology, Sapienza University of Rome, Italy

Abstract

Emotion regulation is a nuanced process that intricately shapes how individuals navigate the spectrum of human emotions. This abstract explores the multifaceted nature of emotion regulation, focusing on the interplay between cognitive reappraisal and expressive suppression. It emphasizes the importance of self-awareness as a foundational element that underpins effective regulation. The text discusses how these processes are influenced by individual differences and situational factors, highlighting the dynamic and non-linear nature of the process. It concludes by underscoring how emotion regulation is not a linear path but rather a dynamic dance of strategies, contributing to overall psychological well-being and resilience.

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