

A topic of emotional control has been getting more and more attention from the researchers in recent years. The way we deal with our emotions can improve our functioning, wellbeing and relations with other people. On the other hand, sometimes we treat our emotions in a way that has opposing effects. The proposed research project will experimentally investigate the different consequences of various ways of dealing with emotions. Improving scientific knowledge about emotion control will enable us to more correctly answer questions about what strategy is efficient when.

All of us can remember a situation, when our mood improved, because we found less negative explanation for a bad thing that happened to us. In other moments, for example when we don't want to hurt someone that's close to us, we can quickly change or hide expression of our emotions. At other times, changing perspective and looking at things with a cool eye amid torrent of emotions can be the most efficient way of dealing with them.

All the ways of behavior that we just mentioned are emotion control strategies that we can use on a daily basis. In our research we want to show that effectiveness of various ways of dealing with emotion is different, depending on type of emotions that we control (positive, like amusement or negative like sadness or anxiety).

As with other activities, when we control our emotion we have better and worse moments – sometimes we are more mobilized and effective, and sometimes we get tired and exhausted. In our research, we will show dynamic effectiveness of emotional control, capturing moments, when our mind is warming up, functions optimally and then gets tired and effectiveness of our control becomes low.

Additionally, many of us can remember a situation, when we can effectively control emotional expression and simultaneously fail to do it for example on the level of physiology. In some situations we can successfully control emotional behavior, for example, keep our face emotionless, but simultaneously our heart can still be beating like crazy, and our mood is not improving. Our research will able us to investigate the characteristics of emotion regulation on all this levels (expression, subjective feeling and physiology). We will also measure the effectiveness of emotion control on a neural level (the level of the brain response to a stimulus) Our research will provide information about important characteristics of emotion control. Knowledge gathered through our research will contribute co designing better intervention programs, trainings, workshops and therapeutic programs, aimed at improving emotion control skills.