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Emotion regulation refers to shaping which emotions one has, when one has them, and how one experiences or expresses these emotions (Gross, 1998b). Thus, emotion regulation is concerned with how emotions themselves are regulated (regulation of emotions), rather than how emotions regulate something else (regulation emotions). Defined by

Sample Chapter: Handbook of Emotion Regulation, Second Edition

emotion regulation are so widely dispersed across a number of disciplines. I hope, in this volume, to bring some clarity to the topic. The goals of this

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handbook are (1) to facilitate cumulative science by integrating developmental and adult literatures on emotion regulation, and by bridging the gap

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