DO YOU HAVE A best friend or partner—someone you can talk to about anything? That might not be enough.

Research into "emotional bonds" in the relationships we have with others that help us manage our moods—shown that we function best mentally when we create a village, or portfolio, of supportive people who can help us manage our moods—shows that we function best mentally when we create a village, or portfolio, of supportive people who can help us manage our moods, whether we're angry, motivate us to help us moderate our emotions, or give us comfort—or simply make us feel better.

Typically, the people we enlist to help us moderate our emotions are ones we believe care about us, and not every- body else, however helpful other people might be at handling every emotion.

More than 30 years ago, researchers called these bonds "emotional specialists." But it's not enough just to be close to someone. Not everyone has the emotional skills to help us in every situation. Dr. Clark says, "The people we love, or people who help them moderate specific emotions, may not be the ones we can help us moderate our moods. And not everyone has the emotional skills to help us in every situation, Dr. Clark says. But it's important to recognize the role those people play in our lives. People who help us moderate specific moods report better well-being and greater satisfaction in life, accord-