Varieties of Affect Regulation Strategies

- Internally-oriented
  - Cognition-focused
    - Perception
      - Denial
      - Concentration
      - Ruminiation
      - Distraction
      - Thought Suppression
    - Attention
      - Concentration
      - Reappraisal
      - Re-Interpretation
    - Interpretation
      - Acceptance
      - Mindfulness
      - Self-Immersions
      - Self-Distancing
      - Humor
  - Phenomenology-focused
    - Experiential Suppression
    - Relaxation
    - Reappraisal
    - Acceptance
    - Mindfulness
    - Self-Harm
  - Expression-focused
    - Venting
    - Expressive Suppression
    - Writing
    - Alcohol & Substances Use
    - Eating
    - Self-Harm

- Externally-oriented
  - Situation-focused
    - Situation Selection
    - Situation Modification
    - Social Sharing
    - Social Support
    - Active Coping
    - Planning
  - Relationships-focused
    - Social Support
    - Social Sharing

Notes:
1. Carver, Scheier, & Weintraub, 1989
2. Gross, 1998
4. Dalgleish & Yiend, 2006
5. Hayes, 2004
6. Farb, Andersen, Irving, & Segal, 2014
7. Kross, Ayduk & Mischel, 2005
8. Vaillant, 2000
9. Quattana & Burns, 2007
10. Parkinson & Totterdell, 1999
12. Haedt-Matt & Keel, 2011
15. Lazarus & Folkman, 1984