

Self-regulation critical thinking example

[Experience](#), [Failure](#)



Antecedent-focused regulation is a form of emotion regulation which occurs before an emotion is completely active. There are four types of antecedent-focused regulation. The first is the situation selection which occurs when a person chooses a situation depending on the emotions that such a situation may elicit. An example is when a student chooses to enroll in a class because he knows that the professor is very approachable and understanding. The second type of antecedent-focused regulation is the situation modification wherein the person introduces a change in the situation to obtain the emotions he wants to regulate. When a person tries to pacify his friends who are having an argument by inviting them to watch a movie in his house. The third type of antecedent-focused regulation is the attentional deployment which is characterized by directing the attention on another aspect of the situation. Cognitive change is the last type of antecedent-focused regulation. In this strategy, several meanings are designated to a certain situation. An example of this is when a manager reacts negatively to a marketing suggestion of his subordinate, which the subordinate can interpret as a failure or as an encouragement to think of better strategies.

Another form of emotion regulation is response-focused regulation. Unlike the antecedent-focused regulation, this type of regulation occurs after an emotional response has already taken place. This form of regulation is done through reappraisal and suppression. Reappraisal is when a situation is seen in a non-emotional perspective even if it may elicit emotions. An objective view at things is essential for reappraisal. On the other hand, suppression is when the emotions are held back or restrained like when a person is

watching a sad movie but tries to hold back his tears. Although one can suppress his emotions, it does not alter or transform the event that brought about the emotions.

With emotion regulation, recovery from failure becomes more manageable. Failure need not be viewed as an end; rather, it can be viewed positively if one is aware how to handle his emotions. Emotion regulation facilitates the positive development of self-efficacy; therefore, a person can look at the brighter side of the failure. Depression need not step in when there is failure; instead, failure can be the factor that can drive a person to strive harder. Failure can no longer be an impediment to one's development if he knows how to regulate his emotions.

The information gathered from the article is very relevant to one's personal and professional life. One can be in better control of one's emotions knowing that emotions can be regulated. Antecedent-focused regulations are effective strategies that one can adopt to prevent uncontrollable emotions which may sometimes lead to disappointments and depression. If one is aware that a certain situation may create negative emotions, with the use of antecedent-focus strategies, one can manipulate such situations. Emotion regulation is beneficial especially if one joins the corporate world. One gets to meet different personalities in large companies and it would be easier to relate with these personalities if one is equipped with strategies that will aid one to accept failure. Not all situations that one will face are favorable; thus, emotion regulations will be valuable in accepting failure and recovering from it. One considers emotion regulation as a more mature way of handling emotions. It is also a way of reducing stress in one's life.

References

Boss, A. D., & Sims, H. J. (2008). Everyone fails! Using emotion regulation and self-leadership for recovery. *Journal of Managerial Psychology*, 135-150.