

Components of Emotional Regulation

Adapted from Eisenberg, Spinrad & Eggum (2010)

Awareness of emotions
and circumstances

Acceptance of emotions
and circumstances

Management of fear,
anger, distress
(modulating arousal)

Adaptive adjustments to-
thinking, behavior, social
interaction

Prioritizing among
competing goals, needs &
demands

Motivation, initiative,
healthy striving

*Foundation for physical, emotional, social, spiritual
health & well-being*

Reference: Eisenberg, N., Spinrad, T.L., and Eggum, N.D. (2010). Emotion-related self-regulation and its relation to children's maladjustment. *Annual Review of Clinical Psychology* (6), 495-525