Contents

Stop Telling me What to Feel! A Clinical Theory of Emotions and What's Wrong with the Moralization of Feelings
Hanna Pickard 1

Metacognitive Skill and the Therapeutic Regulation of Emotion
Tad Zawidzki 27

It's Okay to Be Angry: A Functionalist Perspective of the Dangers of Overregulating Anger
Razia S. Sahi 53

Anger, Affective Injustice, and Emotion Regulation
Alfred Archer and Georgina Mills 75

Gendered Failures in Extrinsic Emotional Regulation; Or, Why Telling a Woman to “Relax” or a Young Boy to “Stop Crying Like a Girl” Is Not a Good Idea
Myisha Cherry 95

What Is Body Positivity? The Path from Shame to Pride
Céline Leboeuf 113

The Self as a Reason to Regulate: Dispositional Emotion Regulation and Shaftesbury on Integrity of Mind
James Sias 129

Empathy and Emotion Regulation
Heidi L. Maibom 149

On the Affect of Security
Monique Wonderly 165
Only Reflect
Ryan Cox

Engineering Affect: Emotion Regulation, the Internet, and the Techno-Social Niche
Joel Krueger and Lucy Osler

Loopy Regulations: The Motivational Profile of Affective Phenomenology
Luca Barlassina and Max Khan Hayward