

# **ANXIETY CONTROL IT NOW (EMOTION DOWNLOADS)**

**Ewa June Kuzmin**

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Cambridge University Press; In other words, anxiety disordered participants in this study who were assigned to the neutral condition may have naturally using avoidance techniques, such as suppression; however, this is an empirical question. Results indicated that the suppression group fared worse than the acceptance group. Anxiety disorders, while being a diverse set of phenotypes, are alike in that they all involve excessive negative affect typically in the form of fear and anxiety. Acknowledge and accept the anxiety. The groups did not differ on reported emotional arousal or distress, but the clinical participants deemed their emotions as less acceptable. A minute carbon dioxide challenge was then undertaken. For example, it has been demonstrated that when negative emotion eliciting stimuli are presented, those who are instructed to engage in antecedent emotion regulation by altering their appraisals of threat and negativity respond with salutary effects Gross,