

What about Positive Emotions within Self-Determination Theory? Highlighting the Role of Positive Emotions in Flourishing and Introducing the Concept of Emotion Crafting

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Emotion regulation (ER) – the processes individuals use to determine which emotions they have, when they have them, and how they experience or express them (Gross, 2014) – is one of the key determinants of well-being (Aldao et al., 2010; McRae, 2016). Most of the extant research has focused on how people *reactively* engage in regulatory processes in response to specific emotional events, thereby focusing mostly on *negative emotions*. However, individuals not only respond to (anticipated) emotion-loaded stimuli but can also actively and purposely initiate and direct their emotional experiences. Recently, Martins-Klein et al. (2020) applied the dual mechanisms of control theoretical framework to the domain of ER, thereby stating that ER can occur either prior (proactive ER) or after (reactive ER) the onset of an emotional stimulus. Similarly, Self-Determination Theory (SDT; Deci & Ryan, 2000) maintains that individuals have the innate need to be the authors of their own lives—the ones who proactively and autonomously shape their functioning and life circumstances. Despite these theoretical considerations and the vast literature on emotion regulation, little is known about the proactive regulation of positive emotions. In this talk, I will highlight the importance of positive emotions and the role of agency in the domain of emotion regulation by introducing the concept of emotion crafting. *Emotion crafting* indicates the degree to which individuals are aware of positive emotion-inducing contexts (awareness) and proactively act upon this awareness (action) to increase their positive emotions. Recent research will be presented on the validation of the Emotion Crafting Scale and on how emotion crafting relates to the basic psychological needs, SDT's account of emotion regulation, parenting, and individuals' flourishing.