

INTRODUCTION

- Break-ups can lead to depression and insomnia¹
- Negative reappraisal of the ex decreases love feelings, but makes people feel worse^{2,3}
- Positive reappraisal of the breakup may make people feel better

QUESTIONS

- How do negative reappraisal of the ex and positive reappraisal of the break-up differ in changing:
- How in love someone is?
 - Someone's emotional valence?
 - How upset about a break-up someone is?
 - Attention for the ex, as measured by the late positive potential (LPP) amplitude?

HYPOTHESES

- Negative reappraisal will:
- Make people feel less in love than positive reappraisal
 - Make people feel more negative than positive reappraisal
 - Make people less upset about the break-up than positive reappraisal
 - Decrease LPP amplitude more than positive reappraisal

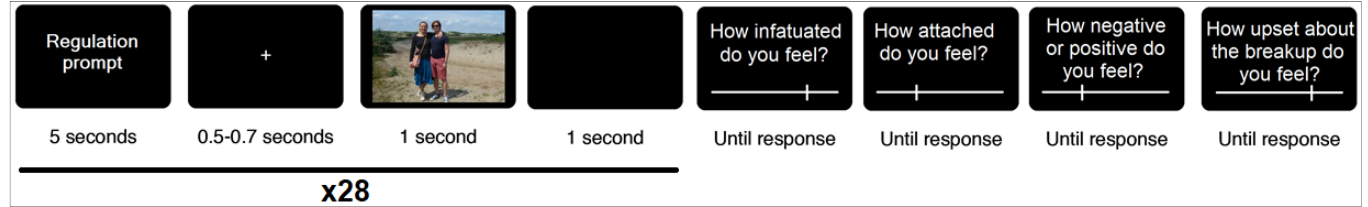


Figure 1. Trial Overview and End of Block Ratings.

METHOD

- 24 participants (eight male, 18-38 yrs)
- Upset about break-up
- 28 pictures of their ex-partner
- Task – 3 Blocks: Negative Reappraisal, Positive Reappraisal, No Regulation (Fig. 1)
- Negative Reappraisal Sample Prompt
 - What is your ex's bad habit?
- Positive Reappraisal Sample Prompt
 - What hobby can you do now that you're single?
- Ratings of infatuation, attachment, valence, and upsetness about the breakup
- 32 Channel EEG registration (Biosemi)
- LPP Amplitude: 400-1000 ms

RESULTS

- No significant differences between conditions for infatuation
- People tended to feel less attached after negative and positive reappraisal than no regulation (Fig. 2)
- People tended to feel more positive after positive reappraisal than negative reappraisal (Fig. 2)
- No significant differences between conditions for upsetness
- LPP amplitude was less positive after negative reappraisal compared to no regulation ($p = .021$) (Fig 3., Fig. 4)

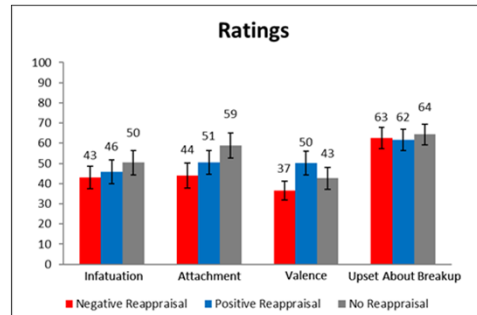


Figure 2. Overall Ratings Across Conditions.

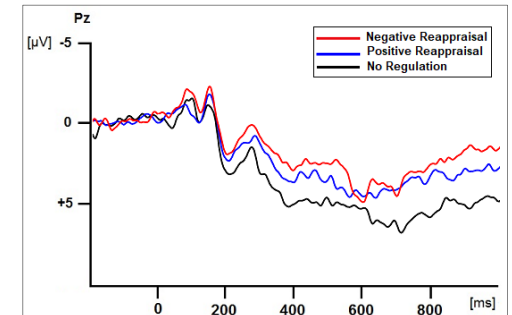


Figure 3. LPP Across Conditions at Pz

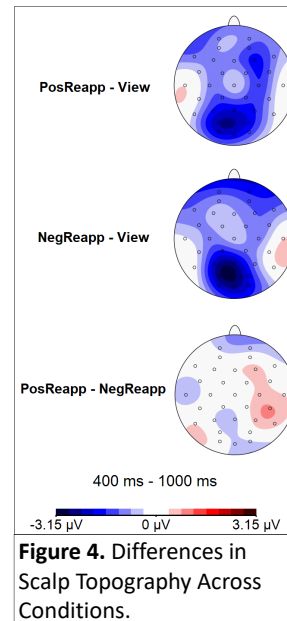


Figure 4. Differences in Scalp Topography Across Conditions.

DISCUSSION

- Trends in attachment and valence ratings, but not significant
- Negative and positive reappraisal have no effect on infatuation or upsetness
- Negative reappraisal decreased motivated attention for the ex-partner
- No significant differences between negative and positive reappraisal in contrast to hypotheses
- Long term reappraisal

¹Field (2011) *Psychology*

²Langeslag & van Strien (2016) *PLOS ONE*

³Langeslag & Sanchez (2017) *Journal of Experimental Psychology: General*

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