Assignment:

1) What is the paper about?

2) What is the structure of the paper?

3) Which keywords are likely to follow up the abstract?

4) Why is it said that there is a transparent and opaque relationship between emotions and psychopathology?

5) What are the aspects that the authors consider that can improve emotional regulation?

6) Draw up a chart with the emotion regulation processes, including their definitions, and explain each of them.

7) What is the GAP related to “problematic emotional intensity”?

8) What are the important points that should be considered to continue researching in relation to the assessment of emotions?

9) What should be thought more deeply at the beginning of the treatment?