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Advise cognitive ways to change emotions BCT

Behaviour Change Intervention Ontology (BCIO)

Source

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Definition: An advise how to change emotions BCT that suggests the person deliberately use a particular mental process.

Comment: The target of the mental process advised by this BCT will be an emotion. If a BCT suggests adopting a different cognitive perspective on behaviour, which then changes emotions, use "suggest different perspective on behaviour BCT" or one of its child classes. A mental process is something that occurs in the brain, and that can of itself be conscious, or can give rise to a process that can of itself be conscious or can give rise to behaviour.

This definition was imported from the Behaviour Change Intervention Ontology (see <https://bciosearch.org/>). Comments and suggestions for improvements are welcome using the Qeios review system.

Definitions imported from the Behaviour Change Intervention Ontology (BCIO) are what are known as 'ontological definitions'. See this article in Qeios for an explanation <https://www.qeios.com/read/YGIF9B>.

Ontological definitions can sometimes be hard to read. In those cases we also include an informal definition.

Definitions also often require elaboration to make it clear how they should be used and what they include. In those cases we include a comment.

Also, definitions sometimes require an explanation as to how they came about to help users understand how they relate to alternative definitions. In those cases we include a curator note.

