Advise how to reduce negative emotions BCT

Behaviour Change Intervention Ontology (BCIO)

Source

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**Definition:** An advise how to change emotions BCT suggesting a method to decrease negative emotions.

*This definition was imported from the Behaviour Change Intervention Ontology (see [https://bciosearch.org/](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.*