

A — B

POSITIVE ASSOC

«A» - B

MODERATION

A

B

FUNDAMENTAL ELEMENTS

A + B

NEGATIVE ASSOC

1, 2, 3, ...

NOTES

A

X

VARIETIES OR

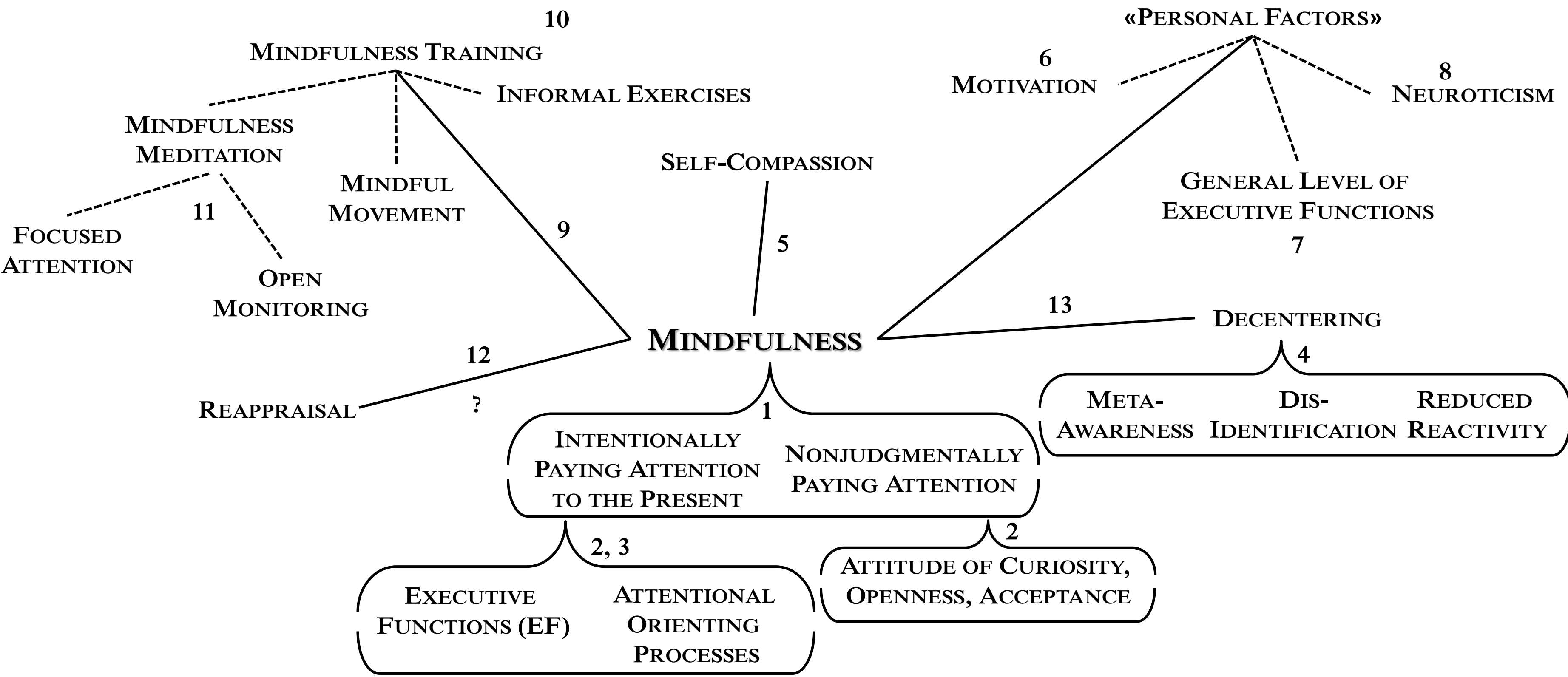
A

Y

EXAMPLES

A ≈ B

EMPIRICAL EQUIV



1 DEFINITION OF MINDFULNESS (KABAT-ZINN; 2003); 2 AN ATTENTIONAL AND AN ATTITUDINAL COMPONENT ARE PROPOSED, FOR INSTANCE, BY BISHOP ET AL. (2004), LINDSAY & CRESWELL (2017); 3 DIFFERENTIATION OF EF AND ATTENTIONAL ORIENTING PROCESSES BY HOLAS & JANKOWSKI (2013); 4 MODEL OF DECENTERING BY BERNSTEIN ET AL. (2015); ALTERNATIVE TERMS FOR SIMILAR CONSTRUCTS: COGNITIVE DEFUSION (HAYES ET AL., 1999), REPERCEIVING (SHAPIRO ET AL., 2006); 5 E.G. BIRNIE ET AL. (2010); 6 E.G. MALINOWSKI (2013), SHAPIRO ET AL. (2006), VAGO & SILBERSWEIG (2015);

7 HOLAS & JANKOWSKI (2013); 8 NYKLÍČEK & IRRMISCHER (2017); 9 E.G. GOLDBERG ET AL. (2018); 10 E.G. BAER & KRIETEMEYER (2006); 11 DIFFERENTIATION OF MEDITATION TYPES BY LUTZ ET AL. (2008); 12 THE RELATIONSHIP OF MINDFULNESS WITH REAPPRAISAL IS CONTROVERSIAL. SOME POSTULATE A POSITIVE ASSOCIATION BETWEEN THE CONSTRUCTS (E.G. GARLAND ET AL., 2015; HÖLZEL ET AL., 2011), OTHERS ASSUME THAT MINDFUL EMOTION REGULATION (FUNDAMENTALLY) DIFFERS FROM REAPPRAISAL (E.G. CHAMBERS ET AL., 2009; KENG ET AL., 2013); 13 E.G. VAGO & SILBERSWEIG (2015)