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Parental meta-emotion structure and the emotional life of families: *Meta-emotion: How families communicate emotionally*. Mahwah, NJ: Lawrence Erlbaum.

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av John Mordechai Gottman, Lynn Fainsilber Katz, Meta-emotion How Families Communicate Emotionally. Meta-Emotion, Emotional Expressiveness,

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Meta-emotion refers to the emotional reactions to one's own emotions Meta-emotion: how families communicate emotionally. Hillsdale, N.J:

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Dr. John Gottman (2013) suggests suggests talking with your child about meta-emotion. Meta-emotion is how you feel about your own as well as others emotions

**The role of emotion in parent-child relationships:**

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