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## Cognitive Reappraisal, a Mediating Variable in the Relation between Personality and Wellbeing

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**Abstract:** *The mediating variable quality of cognitive reappraisal (CR) within the predictive relationship between personality and wellbeing was tested using the method of bootstrapping in mediation models, on a group of 516 subjects, aged between 14 and 34 ( $M = 18.62$ ;  $SD = 3.32$ ). This model was constructed according to the independent variables studied- personality dimensions and dependent variable- wellbeing. Wellbeing was operationalized by: positive affects, negative affects, emotional distress and life satisfaction.*

*The test results provide support to the mediating role of CR in the relationship between personality and positive affects. Extraversion, conscientiousness and emotional stability are partially mediated by CR in relation to positive affects.*

**Keywords:** *cognitive reappraisal, personality, parental style of emotions socializing, adult attachment, wellbeing.*

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