Emotional attunement involves bringing one’s emotions into harmony with others. This requires both receptive (emotion perception) and expressive (emotion regulation) skills. Values in interdependent cultural contexts emphasize the importance of achieving attunement in interpersonal interactions, but do these values shape the development of requisite skills? I will present data suggesting that socialization strategies in East Asian cultural groups may help children orient to the emotions of others and modulate their emotional expression. However, evidence also suggests that values emphasizing emotional attunement may not translate into the requisite abilities in emotion perception among Asian Americans. A resultant misfit between values and abilities in emotion perception may explain group differences in psychological distress. I will present findings suggesting that the association between emotion perception abilities and distress is moderated by the degree to which Asian Americans hold interdependence values.