**SUPPLEMENTARY MATERIALS**

**Emotion Prompts**

|  |  |
| --- | --- |
| PROMPTS | WRITING TASK INSTRUCTIONS |
| Benefit | There are many situations in life that one might evaluate as a BENEFIT. *A benefit is a situation in which something good has happened to you.* Please recall the most BENEFICIAL experience you have had **in the past week**. Think about what happened, who was involved, how you felt, and what you did in this situation. Why was this beneficial for you? In the text box, please describe this experience in as much detail as you can. |
| Harm | There are many situations in life that one might evaluate as a HARM. *A harm is a situation in which something bad has happened to you.* Please recall the most HARMFUL experience you have had **in the past week**. Think about what happened, who was involved, how you felt, and what you did in this situation. Why was this harmful for you? In the text box, please describe this experience in as much detail as you can. |
| Opportunity | There are many situations in life that one might evaluate as an OPPORTUNITY. *An opportunity is a situation in which there is a chance that something good might happen to you.* Please recall the most OPPORTUNE experience you have had **in the past week**. Think about what happened, who was involved, how you felt, and what you did in this situation. Why was this opportune for you? In the text box, please describe this experience in as much detail as you can. |
| Threat | There are many situations in life that one might evaluate as a THREAT. *A threat is a situation in which there is a chance that something bad might happen to you.* Please recall the most THREATENING experience you have had **in the past week**. Think about what happened, who was involved, how you felt, and what you did in this situation. Why was this threatening for you? In the text box, please describe this experience in as much detail as you can. |

**Appraisal Items**

|  |  |
| --- | --- |
| APPRAISAL VARIABLES | ITEMS |
| Acceptability | At the time, did you think that the situation was socially acceptable? |
| Accomodative Coping Potential | At the time you described, how certain were you that you would, or would not, be able to deal emotionally with what was happening in this situation, however it turned out? |
| Expectation Congruency | How much was this situation in line with your expectations? |
| Future Expectancy | Think about how you wanted this situation to turn out. When you were in the situation, how consistent with these wishes (for any reason) did you expect this situation to become (or stay)? |
| Goal Attainment | To what extent did this situation involve the attainment or fulfillment of something that you wanted? |
| Involvement of the Unknown | To what extent did this situation involve the unknown? |
| Motivational Congruence | - To what extent were there positive aspects to the situation – things that you **did want**, or were pleased about?  - To what extent were there negative aspects to the situation – things that you **didn’t want**, or were displeased about? (*reverse scored*) |
| Motivational Relevance | How important was what was happening in this situation to you? |
| Negative Aspect of Self | At the time, to what degree did you think that this situation exposed a negative aspect of yourself to others? |
| Other-Accountability | To what extent did you consider **someone** or **something else** to be responsible for this situation? |
| Positive Aspect of Self | At the time, to what degree did you think that this situation exposed a positive aspect of yourself to others? |
| Problem-Focused Coping Potential | Think about what you wanted and didn’t want in this situation. At the time you described, how certain were you that you would be able to influence things to make (or keep) the situation the way you wanted it? |
| Self-Accountability | To what extent did you consider **yourself** to be responsible for this situation? |
| Urgency | Faced with the situation, did you think that action was urgently required? |
| Vastness | To what extent did this situation involve something greater than you? |

**Emotion Items**

|  |  |
| --- | --- |
| EMOTION VARIABLES | ITEMS |
| Affection | loving, affectionate |
| Amusement | amused, entertained |
| Awe | awed, wondrous, amazed |
| Challenge/Determination | determined, persistent, motivated |
| Compassion | compassionate, empathetic, sympathetic |
| Gratitude | grateful, appreciative, thankful |
| Happiness/Joy | joyful, happy, glad |
| Hope | hopeful, optimistic |
| Interest | interested, engaged, intrigued |
| Pride | proud, triumphant |
| Relief | relieved, unburdened |
| Tranquility | tranquil, calm, serene |

**Motivational Goals Questionnaire**

We are interested in how you **wanted** to respond to the experience you just described. Each statement describes something you might have felt like doing **during the experience**. For each, please indicate the extent to which you wanted to do this thing during the original experience.

1------2------3------4------5------6------7------8------9

Not at all Moderately Extremely

***I wanted to…***

*RECOVER*

1. \_\_\_\_\_\_\_ Recover
2. \_\_\_\_\_\_\_ Take a break from what was going on
3. \_\_\_\_\_\_\_ Take time to rest

*BE CLOSE TO OTHER*

1. \_\_\_\_\_\_\_ Be close to someone else
2. \_\_\_\_\_\_\_ Interact with another person
3. \_\_\_\_\_\_\_ Seek companionship

*ACKNOWLEDGE*

1. \_\_\_\_\_\_\_ Recognize what was going on
2. \_\_\_\_\_\_\_ Be aware of what was happening
3. \_\_\_\_\_\_\_ Recognize the situation for what it was
4. \_\_\_\_\_\_\_ Accept what was happening

*ASSIMILATE*

1. \_\_\_\_\_\_\_ Adapt to what was happening
2. \_\_\_\_\_\_\_ Adjust to what was going on

*HELP OTHER*

1. \_\_\_\_\_\_\_ Help someone else
2. \_\_\_\_\_\_\_ Do something for the benefit of others

*PERSEVERE*

1. \_\_\_\_\_\_\_ Persevere
2. \_\_\_\_\_\_\_ Persist through what was going on

*RECOGNIZE OTHER*

1. \_\_\_\_\_\_\_ Appreciate someone else
2. \_\_\_\_\_\_\_ Give someone else praise
3. \_\_\_\_\_\_\_ Give someone else recognition

*SUSTAIN*

1. \_\_\_\_\_\_\_ Sustain what was going on
2. \_\_\_\_\_\_\_ Keep things the way they were
3. \_\_\_\_\_\_\_ Have things continue to be this way

*HAVE HAPPEN*

1. \_\_\_\_\_\_\_ Have the situation turn out how I wanted
2. \_\_\_\_\_\_\_ See what I desired happen
3. \_\_\_\_\_\_\_ Focus on my ideal situation

*SEEK INFORMATION*

1. \_\_\_\_\_\_\_ Get more information
2. \_\_\_\_\_\_\_ Find out more
3. \_\_\_\_\_\_\_ Gather more details

*RECOGNIZE SELF*

1. \_\_\_\_\_\_\_ Celebrate my accomplishments
2. \_\_\_\_\_\_\_ Be acknowledged for my success

*SAVOR*

1. \_\_\_\_\_\_\_ Savor the moment
2. \_\_\_\_\_\_\_ Enjoy what was going on
3. \_\_\_\_\_\_\_ Take in what was going on

**Modified COPE**

We are interested in how you **actually** responded to the experience you just described. Each statement describes something you might have done **during the experience**. For each, please indicate the extent to which you actually did this thing during the original experience.

1------------------------2------------------------3------------------------4

I didn’t do I did this I did this a I did this

this at all a little bit medium amount a lot

*ACCEPTANCE*

1. \_\_\_\_\_\_\_ I accepted that this had happened and couldn’t be changed.
2. \_\_\_\_\_\_\_ I accepted the reality of the fact that it had happened.
3. \_\_\_\_\_\_\_ I learned to live with it.

*ACTIVE COPING*

1. \_\_\_\_\_\_\_ I took additional action.
2. \_\_\_\_\_\_\_ I took direct action to address the situation.

*HELPING*

1. \_\_\_\_\_\_\_ I did something for someone else.
2. \_\_\_\_\_\_\_ I tried to do something for someone else’s benefit.

*INFORMATION SEEKING*

1. \_\_\_\_\_\_\_ I tried to find out more about the situation.
2. \_\_\_\_\_\_\_ I sought out more information.

*PERSEVERANCE*

1. \_\_\_\_\_\_\_ I kept working toward my goal.
2. \_\_\_\_\_\_\_ I refused to give up.
3. \_\_\_\_\_\_\_ I pushed forward.

*PLANNING*

1. \_\_\_\_\_\_\_ I made a plan of action.
2. \_\_\_\_\_\_\_ I tried to come up with a strategy about what to do.
3. \_\_\_\_\_\_\_ I thought about what steps to take next.

*SAVORING*

1. \_\_\_\_\_\_\_ I tried to savor what was going on.
2. \_\_\_\_\_\_\_ I tried to maximize how I was feeling.
3. \_\_\_\_\_\_\_ I tried to enjoy the moment.

*SOCIAL SUPPORT*

1. \_\_\_\_\_\_\_ I discussed my feelings with someone else.
2. \_\_\_\_\_\_\_ I talked to someone about how I felt.
3. \_\_\_\_\_\_\_ I talked to someone about what had happened.
4. \_\_\_\_\_\_\_ I talked to someone about what I had done.

*TAKING ACCOUNTABILITY*

1. \_\_\_\_\_\_\_ I held myself accountable for what had happened.
2. \_\_\_\_\_\_\_ I thought about how I was responsible for the situation.

*SELF-ENCOURAGEMENT*

1. \_\_\_\_\_\_\_ I told myself I could handle it.
2. \_\_\_\_\_\_\_ I told myself I could deal with it.

*SUSTAINING*

1. \_\_\_\_\_\_\_ I tried to keep things the way they were.
2. \_\_\_\_\_\_\_ I did my best to maintain what was going on.
3. \_\_\_\_\_\_\_ I tried to sustain what was going on.

*UNDERSTANDING*

1. \_\_\_\_\_\_\_ I tried to understand what was going on.
2. \_\_\_\_\_\_\_ I did my best to make sense of what was happening.
3. \_\_\_\_\_\_\_ I tried to gain a better understanding of the situation.

*USING HUMOR*

1. \_\_\_\_\_\_\_ I made jokes about it.
2. \_\_\_\_\_\_\_ I kidded around about it.

*WISHFUL THINKING*

1. \_\_\_\_\_\_\_ I wished that I could change the way that things were going.
2. \_\_\_\_\_\_\_ I wished the situation would somehow be how I wanted.

**Overall Descriptive Statistics for Appraisal Variables**

|  |  |  |
| --- | --- | --- |
| Appraisal Variable | Grand Mean | Standard Deviation |
| Acceptability | 6.36 | 2.65 |
| Accommodative Coping Potential | 6.82 | 1.98 |
| Expectation Congruency | 5.26 | 2.39 |
| Future Expectancy | 6.11 | 2.03 |
| Goal Attainment | 5.51 | 3.11 |
| Involvement of the Unknown | 5.99 | 2.37 |
| Motivational Congruence | 5.05 | 2.55 |
| Motivational Relevance | 6.56 | 2.18 |
| Negative Aspect of Self | 3.85 | 2.52 |
| Other-Accountability | 5.73 | 2.66 |
| Positive Aspect of Self | 5.14 | 2.74 |
| Problem-Focused Coping Potential | 5.58 | 2.22 |
| Self-Accountability | 5.34 | 2.70 |
| Urgency | 5.27 | 2.64 |
| Vastness | 5.77 | 2.58 |