Introduction

In this study, we are interested in examining how recall of past experiences of particular mental and physical states impact your current perceptions of these states.

You will be asked to recall and describe a specific state that you experienced recently in your life.

For example, you may be asked to recall and describe a recent time you experienced EXCITEMENT. If multiple instances come to mind, choose one that the experience was most intense.

You will be given some time to recall the experience. You will also be provided with some guiding points regarding what you can focus on when recalling and describing the experience.

After describing your experience in detail, you will then make a number of ratings on what you described.

You will do this for THREE different states.

Whenever you are ready, you may proceed to the next page for the FIRST state.

Cond1_physical_nerv

Think of a recent time when you experienced NERVOUSNESS.

As you recall the experience, think about the following -

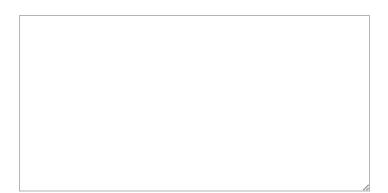
- 1. Did the experience involve sensation (appeals to your sense of touch, smell, taste, hearing, sight)?
- 2. Did the experience involve movement?
- 3. Did the experience involve any perceivable outcomes or external consequences (e.g. physical response, reactions)?

Close your eyes, and take some time to imagine the experience. Proceed to the next page only after you have attempted to imagine the experience.

I have attempted to imagine the experience.

Now, describe this experience of NERVOUSNESS in as much detail as you can, paying special attention to what was happening outside you. Once again, in your description, try to focus on these questions -

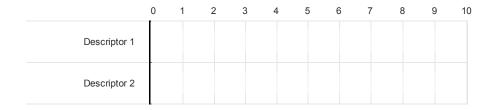
- 1. Did the experience involve sensation (appeals to your sense of touch, smell, taste, hearing, sight)?
- 2. Did the experience involve movement?
- 3. Did the experience involve any perceivable outcomes or external consequences (e.g. physical response, reactions)?



Now, we would like you to rate the experience that you just recalled and described on a number of dimensions.

Some questions will require you to make ratings on a single 7-point continuous scale, while some questions will require you to make ratings on a pair of descriptors using the slider shown below. You might rate one item of the pair high and the other low, both high, both low, or however you wish.

You can practice moving the sliders shown below before you continue.



For the following questions, please use the sliders to indicate how much each term describes your experience.



	Not	Not at all					Extremely				
	0	1	2	3	4	5	6	7	8	9	10
Physical											
Psychological											

My experience of NERVOUSNESS was ______.

	No	Not at all					Extremely				
	0	1	2	3	4	5	6	7	8	9	10
Bodil	y										
Menta	al										

My experience of NERVOUSNESS was ______.

	Not	Not at all					Extremely				
	0	1	2	3	4	5	6	7	8	9	10
Material											
Immaterial											

My experience of NERVOUSNESS was ______.

	Not at all							E	Extremely		
	0	1	2	3	4	5	6	7	8	9	10
Real											
Imagined											

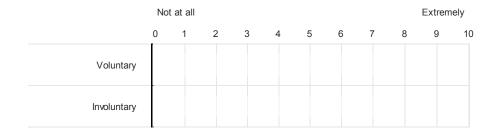
My experience of NERVOUSNESS was ______.

	Not a	Not at all					Extremely				
	0	1	2	3	4	5	6	7	8	9	10
Actual											
Made up											

My experience of NERVOUSNESS was ______.

	Not	Not at all								Extremely		
	0	1	2	3	4	5	6	7	8	9	10	
Purposeful												
Accidental												

My experience of NERVOUSNESS was _____



My experience of NERVOUSNESS was ______.

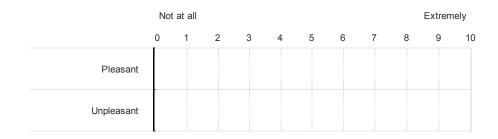
	Not	at all								Extrem	nely
	0	1	2	3	4	5	6	7	8	9	10
Controllable											
Uncontrollable											

My experience of NERVOUSNESS was _____



Bad

My experience of NERVOUSNESS was ______.



For the following set of questions, you will rate your experience on a 7-point scale, ranging from "not at all" to "extremely".

To what extent would you describe the experience of NERVOUSNESS as physically-intense?

Not at all			Extremely

To what extent would you describe the experience of NERVOUSNESS as <u>involving strong</u> <u>feelings</u>?

Not at all			Extremely

To what extent would you describe the experience of NERVOUSNESS as <u>mentally</u> <u>intense</u>?

Not at all			Extremely

To what extent would you describe the experience of NERVOUSNESS as <u>involving much thinking</u>?

Not at all			Extremely

To what extent would the state you were experiencing have been visible to others?

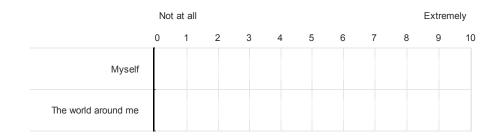
Not at all			Extremely

To what extent would the state you were experiencing have been identifiable to others?

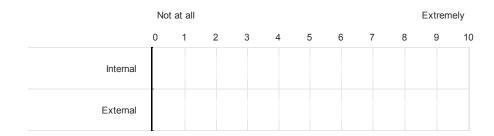
Did the experience of the state lead to any observable changes in the environment around you?



During the experience of the event itself, to what extent was your attention focused on yourself and/or the world around you?



During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?



The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

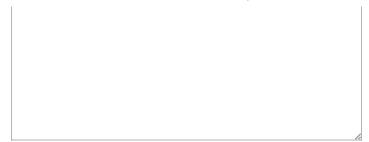
What parts of yourself were the cause, home, or origin of the state?

My mind	My muscles	My stomach
My body	My hormones	My blood
My soul	My heart	My thoughts
My brain	My lungs	My nerves

The following questions will be about not the experience itself but rather your memory of it. Understanding characteristics of the memory will help us understand your responses.

How strong was your memory of the experience?

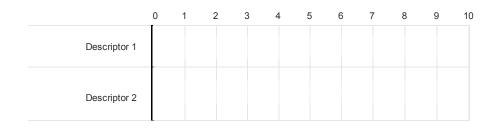
How	visually clear	and vivid	was your m	nemory of t	he experienc	e?	
	Not at all	0	0	0	0	0	Extremely
How	confident are	you in the	memory?				
	Not at all	•	0	0	•	•	Extremely
How	frequently do	you expe	rience the s	state of ner	vousness?		
	Never	•	0	0	•	•	Very frequently
Cond1_phys	ical_anger						
Thinl	k of a recent t	ime when	you experie	enced ANG	ER.		
As y	ou recall the e	experience	, think aboເ	ut the follow	/ing -		
	d the experie	nce involve	e sensation	(appeals to	your sense	of touch, s	smell, taste,
2. Die	d the experie	nce involve	e movemen	nt?			
	d the experie			ivable outc	omes or exte	ernal cons	equences (e.g.
	e your eyes, a after you hav			_	•	e. Proceed	to the next page
	I have attempted	to imagine the e	xperience.				
atten	, describe this ition to what where nese question	was happeı			_	_	ying special tion, try to focus
1. Die	d the experie	nce involve	e sensation	(appeals to	your sense	of touch,	smell, taste,
hear	ing, sight)?						
2. Die	d the experie	nce involve	e movemen	nt?			
	d the experie			ivable outc	omes or exte	ernal cons	equences (e.g.



Now, we would like you to rate the experience that you just recalled and described on a number of dimensions.

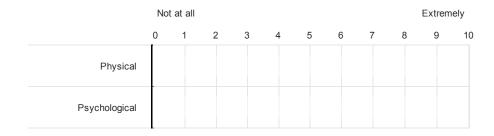
Some questions will require you to make ratings on a single 7-point continuous scale, while some questions will require you to make ratings on a pair of descriptors using the slider shown below. You might rate one item of the pair high and the other low, both high, both low, or however you wish.

You can practice moving the sliders shown below before you continue.



For the following questions, please use the sliders to indicate how much each term describes your experience.

My experience of ANGER was ______.



My experience of ANGER was ______

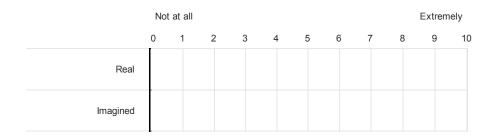
	Not at all									Extremely		
	0	1	2	3	4	5	6	7	8	9	10	
Bodily												

l l					
Mantal					
Mental					

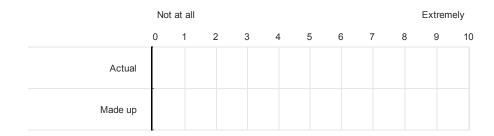
My experience of ANGER was ______.

	Not	Not at all							Extremely			
	0	1	2	3	4	5	6	7	8	9	10	
Material												
Immaterial												

My experience of ANGER was ______



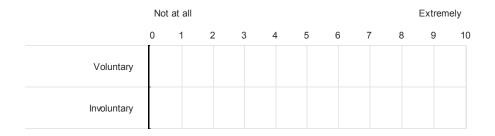
My experience of ANGER was ______.



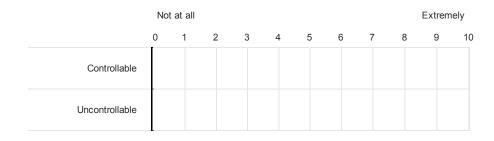
My experience of ANGER was ______.

	Not	Not at all									Extremely		
	0	1	2	3	4	5	6	7	8	9	10		
Purposeful													
Accidental													

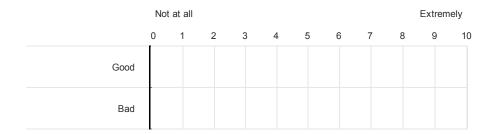
My experience of ANGER was ______



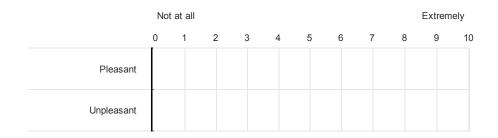
My experience of ANGER was ______



My experience of ANGER was ______



My experience of ANGER was ______.



For the following set of questions, you will rate your experience on a 7-point scale, ranging from "not at all" to "extremely".

To what extent would you describe the experience of ANGER as physically intense?

To what extent wo	uld you de	scribe the	experience	of ANGER a	s <u>involving</u>	strong feelings?
Not at all	0	0	0	0	0	Extremely
To what extent wo	uld you de	scribe the	experience	of ANGER a	s <u>mentally</u>	intense?
Not at all	0	0	0	0	0	Extremely
To what extent wo	uld you de	scribe the	experience	of ANGER a	s <u>involving</u>	much thinking?
Not at all	0	0	0	0	0	Extremely
To what extent wo	uld the stat	te you wer	e experienc	ing have be	en visible t	o others?
Not at all	0	0	0	0	0	Extremely
To what extent wo	uld the stat	te you wer	e experienc	ing have be	en identifia	ble to others?
Not at all	0	0	0	0	0	Extremely
Did the experience you?	of the stat	te lead to a	ny observa	ble changes	in the envi	ronment around
Not at all	0	•	0	0		Very much so
During the experie yourself and/or the			f, to what ex	ctent was yo	our attention	n focused on
	Not a	t all			Extremely	
	0 Myself	1 2 3	3 4 5	6 7	8 9	10
The world arou	nd me					

During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?

Not at all Extremely
0 1 2 3 4 5 6 7 8 9 10

Internal				
External				

The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

What p	arts of	yourself	were the	cause	, home,	or	origin	of the	state'
--------	---------	----------	----------	-------	---------	----	--------	--------	--------

My mind	My muscles	My stomach
My body	My hormones	My blood
My soul	My heart	My thoughts
My brain	My lungs	My nerves

The following questions will be about not the experience itself but rather your memory of it. Understanding characteristics of the memory will help us understand your responses.

How strong was your memory of the experience?

	Not at all	0	•	0	0	0	Extremely
How	visually clea	r and vivid	was your m	emory of th	ne experien	ce?	
	Not at all	0	0	0	0	0	Extremely
How	confident are	you in the	e memory?				
	Not at all	0	0	0	•	0	Extremely
How 1	frequently do	you expe	rience the s	tate of ange	er?		
	Never	0	0	0	0	0	Very frequently

Cond1_physical_exhaustion

Think of a recent time when you experienced EXHAUSTION.

As you recall the experience, think about the following -

- 1. Did the experience involve sensation (appeals to your sense of touch, smell, taste, hearing, sight)?
- 2. Did the experience involve movement?
- 3. Did the experience involve any perceivable outcomes or external consequences (e.g.

physical response, reactions)?

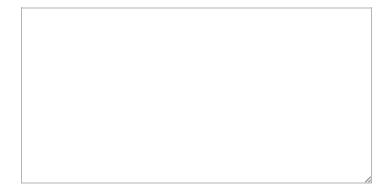
Close your eyes, and take some time to imagine the experience. Proceed to the next page only after you have attempted to imagine the experience.

I have attempted to imagine the experience.

Now, describe this experience of EXHAUSTION in as much detail as you can, paying special attention to what was happening outside you.

Once again, in your description, try to focus on these questions -

- 1. Did the experience involve sensation (appeals to your sense of touch, smell, taste, hearing, sight)?
- 2. Did the experience involve movement?
- 3. Did the experience involve any perceivable outcomes or external consequences (e.g. physical response, reactions)?



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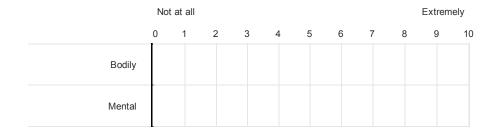
	0	1	2	3	4	5	6	7	8	9	10
Descriptor 1											
Descriptor 2											

For the following questions, please use the sliders to indicate how much each term describes your experience.

My experience of EXHAUSTION was ______.

	Not	Not at all								Extremely		
	0	1	2	3	4	5	6	7	8	9	10	
Physical												
Psychological												

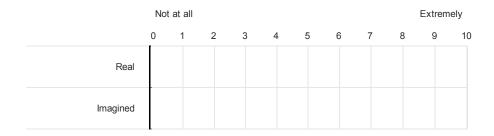
My experience of EXHAUSTION was ______



My experience of EXHAUSTION was ______.

	Not at all					Extremely					ely
	0	1	2	3	4	5	6	7	8	9	10
Material											
Immaterial											

My experience of EXHAUSTION was ______



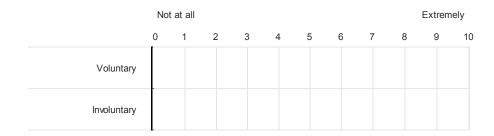
My experience of EXHAUSTION was _____

	Not at all							Extremely		
	0	1	2	3	4	5	6	7	8 !	9 1
Actual										
Made up										

My experience of EXHAUSTION was ______.

	Not	Not at all					Extremely				ely
	0	1	2	3	4	5	6	7	8	9	10
Purposeful											
Accidental											

My experience of EXHAUSTION was ______.



My experience of EXHAUSTION was ______.

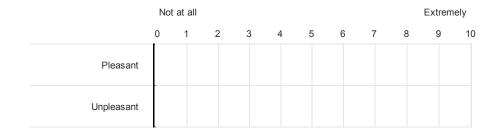
	Not at all								E	Extremely	
	0	1	2	3	4	5	6	7	8	9	10
Controllable											
Uncontrollable											

My experience of EXHAUSTION was ______.

	No	Not at all							Extremely		
	0	1	2	3	4	5	6	7	8	9	10
Goo	od										

Bad

My experience of EXHAUSTION was ______



For the following set of questions, you will rate your experience on a 7-point scale, ranging from "not at all" to "extremely".

To what extent would you	ı describe the	experience	of EXHAUSTION as	physically	intense?
--------------------------	----------------	------------	------------------	------------	----------

Not at all			Extremely

To what extent would you describe the experience of EXHAUSTION as <u>involving strong</u> <u>feelings</u>?

Not at all			Extremely

To what extent would you describe the experience of EXHAUSTION as mentally intense?

Not at all			Extremely

To what extent would you describe the experience of EXHAUSTION as <u>involving much thinking</u>?

Not at all			Extremely

To what extent would the state you were experiencing have been visible to others?

Not at all			Extremely

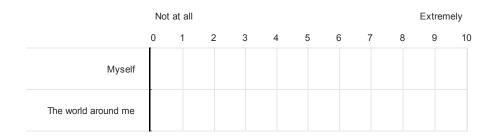
To what extent would the state you were experiencing have been identifiable to others?

Not at all			Extremely

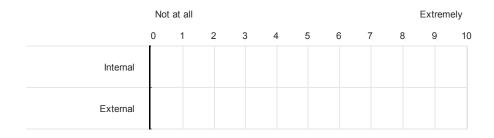
Did the experience of the state lead to any observable changes in the environment around you?



During the experience of the event itself, to what extent was your attention focused on yourself and/or the world around you?



During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?



The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

What parts of yourself were the cause, home, or origin of the state?

My mind	My muscles	My stomach
My body	My hormones	My blood
My soul	My heart	My thoughts
My brain	My lungs	My nerves

The following questions will be about not the experience itself but rather your memory of it. Understanding characteristics of the memory will help us understand your responses.

How strong was your memory of the experience?



Qualtrics Survey Software	Qua	Itrics	Survey	Software
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	-		-	-			
	Not at all	0	0		0	0	Extremely
How	confident are	e you in the	e memory?				
	Not at all	0	0	0	0	0	Extremely
How	frequently d	o you expe	rience the s	state of exh	austion?		
	Never		0		0		Very frequently
ıd2_mer	ntal_nerv						

Con

Think of a recent time when you experienced NERVOUSNESS.

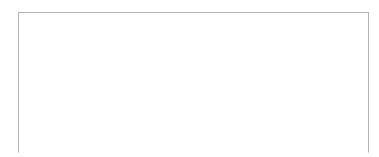
As you recall the experience, think about the following -

- 1. Did the experience involve any emotions, feelings or sentiments?
- 2. Did the experience involve any thoughts or reflections?
- 3. Did the experience involve any internal consequences (e.g. emotional or cognitive response, reactions)?

Close your eyes, and take some time to imagine the experience. Proceed to the next page only after you have attempted to imagine the experience.

Now, describe this experience of NERVOUSNESS in as much detail as you can, paying special attention to what was happening within you. In your description, try to focus on addressing these questions -

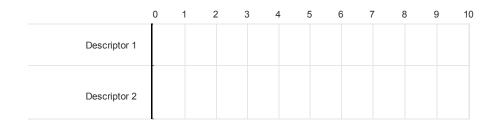
- 1. Did the experience involve any emotions, feelings or sentiments?
- 2. Did the experience involve any thoughts or reflections?
- 3. Did the experience involve any internal consequences (e.g. emotional or cognitive response, reactions)?



Now, we would like you to rate the experience that you just recalled and described on a number of dimensions.

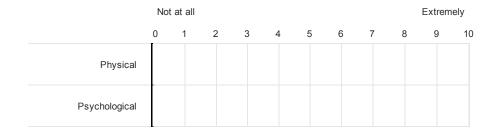
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You can practice moving the sliders shown below before you continue.



For the following questions, please use the sliders to indicate how much each term describes your experience.

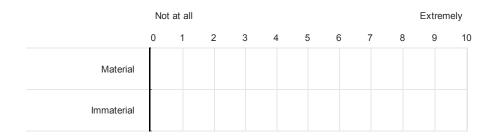
My experience of NERVOUSNESS was ______.



My experience of NERVOUSNESS was _____

	Not a	at all				Extremely						
	0	1	2	3	4	5	6	7	8	9	10	
Bodily												
Mental												

My experience of NERVOUSNESS was _____



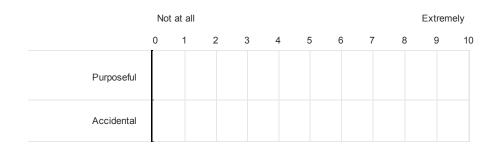
My experience of NERVOUSNESS was ______.

	Not a	at all			Extremely						
	0	1	2	3	4	5	6	7	8	9	10
Real											
Imagined											

My experience of NERVOUSNESS was ______.

	Not a	t all					Extremely						
	0	1	2	3	4	5	6	7	8	9	10		
Actual													
Made up													

My experience of NERVOUSNESS was _____

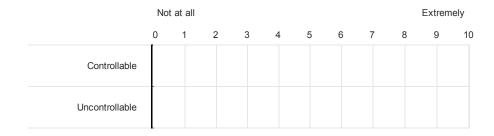


My experience of NERVOUSNESS was _____

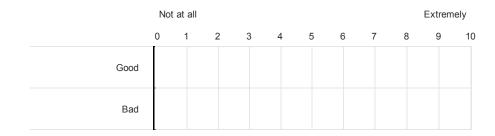
	Not	at all								Extrem	ely
	0	1	2	3	4	5	6	7	8	9	10
Voluntary											

	L					
la aluatan (
Involuntary						

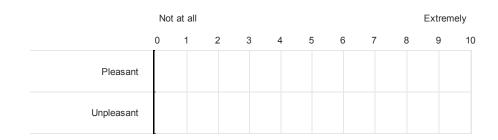
My experience of NERVOUSNESS was ______



My experience of NERVOUSNESS was ______



My experience of NERVOUSNESS was ______.



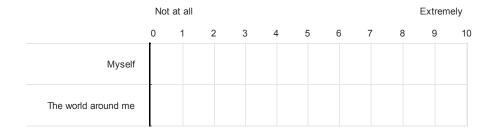
For the following set of questions, you will rate your experience on a 7-point scale, ranging from "not at all" to "extremely".

To what extent would you describe the experience of NERVOUSNESS as <u>physically</u> intense?



To what extent would you describe the experience of NERVOUSNESS as <u>involving strong</u> <u>feelings</u>?

During the experience of the event itself, to what extent was your attention focused on yourself and/or the world around you?



During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?



External						

The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

What parts of yourself were the cause, home, or origin of the state?

My mind	My muscles	My stomach
My body	My hormones	My blood
My soul	My heart	My thoughts
My brain	My lungs	My nerves

The following questions will be about not the experience itself but rather your memory of it. Understanding characteristics of the memory will help us understand your responses.

How strong was your memory of the experience?

	Not at all	0	0	0	0	0	Extremely
	sually clear an	nd vivid was	your memo	ory of the ex	xperience?		Extremely
How co	nfident are yo	ou in the me	mory?				
	Not at all	0	0	•	•	0	Extremely
How fre	quently do y	ou experien	ce the state	of nervous	ness?	,	/a.s. fra sa.stl
	Never	0		0	0		ery frequently

Cond2_mental_exhaustion

Think of a recent time when you experienced EXHAUSTION.

As you recall the experience, think about the following -

- 1. Did the experience involve any emotions, feelings or sentiments?
- 2. Did the experience involve any thoughts or reflections?
- 3. Did the experience involve any internal consequences (e.g. emotional or cognitive response, reactions)?

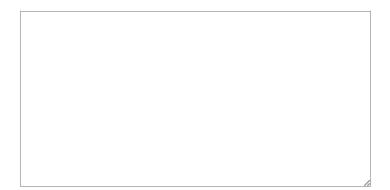
Close your eyes, and take some time to imagine the experience. Proceed to the next page

only after you have attempted to imagine the experience.

I have attempted to imagine the experience.

Now, describe this experience of EXHAUSTION in as much detail as you can, paying special attention to what was happening within you. In your description, try to focus on addressing these questions -

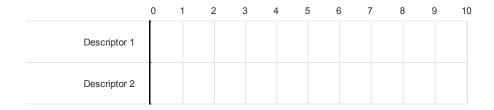
- 1. Did the experience involve any emotions, feelings or sentiments?
- 2. Did the experience involve any thoughts or reflections?
- 3. Did the experience involve any internal consequences (e.g. emotional or cognitive response, reactions)?



Now, we would like you to rate the experience that you just recalled and described on a number of dimensions.

Some questions will require you to make ratings on a single 7-point continuous scale, while some questions will require you to make ratings on a pair of descriptors using the slider shown below. You might rate one item of the pair high and the other low, both high, both low, or however you wish.

You can practice moving the sliders shown below before you continue.



For the following questions, please use the sliders to indicate how much each term describes your experience.



	Not a	t all					Ex	Extremely			
	0	1	2	3	4	5	6	7	8	9	10
Physical											
Psychological											

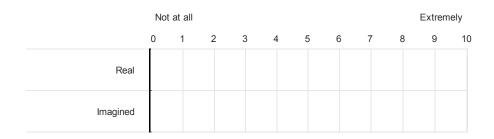
My experience of EXHAUSTION was ______.

	Not a	Not at all									
	0	1	2	3	4	5	6	7	8	9	10
Bodily											
Mental											

My experience of EXHAUSTION was ______.

	Not	at all						Extremely				
	0	1	2	3	4	5	6	7	8	9	10	
Material												
Immaterial												

My experience of EXHAUSTION was ______.



My experience of EXHAUSTION was _____

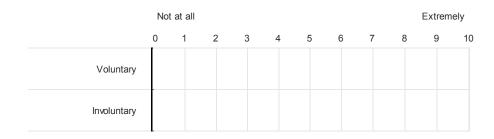


Actual			
Made up			

My experience of EXHAUSTION was ______.

	Not a	Not at all									
	0	1	2	3	4	5	6	7	8	9	10
Purposeful											
Accidental											

My experience of EXHAUSTION was ______.



My experience of EXHAUSTION was ______.

	Not at all									Extremely		
	0	1	2	3	4	5	6	7	8	9	10	
Controllable												
Uncontrollable												

My experience of EXHAUSTION was ______.

	Not at all									Extremely		
	0	1	2	3	4	5	6	7 8	3 9	9 10		
Good												
Bad												

My experience of EXHAUSTION was ___

		No	t at all								Extrem	ely
		0	1	2	3	4	5	6	7	8	9	10
	Pleasant											
	Unpleasant											
				s, you	ı will	rate	your	expe	riend	ce on	а 7-р	oint scale, ranging
Trom	'not at all" to "ex	trem	eıy".									
To wh	nat extent would y	ou d	lescr	ibe th	e exp	oerie	nce o	f EXI	HAUS	OIT	l as <u>p</u>	hysically intense?
	Not at all)				0		(Extremely
To wh	nat extent would y gs?	ou d	lescr	ibe th	e exp	perie	nce o	f EXI	HAUS	MOIT	l as <u>ir</u>	nvolving strong
	Not at all)		0		0		(0	Extremely
To wh	nat extent would y	ou d	lescr	ibe th	e exp	oerie	nce o	f EXI	HAUS	OIT	l as <u>m</u>	nentally intense?
	Not at all)		0		0		(0	Extremely
To wh	nat extent would y ng?	ou d	lescr	ibe th	e exp	oerie	nce o	f EXI	SUAF	MOIT	l as <u>ir</u>	nvolving much
	Not at all)		0		0		(©	Extremely

Not at all			Extremely

To what extent would the state you were experiencing have been visible to others?

Not at all			Extremely
0			

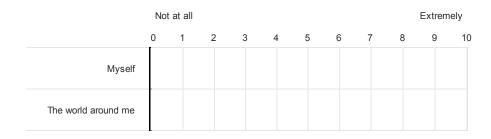
To what extent would the state you were experiencing have been identifiable to others?

Not at all				Extremely
		0		

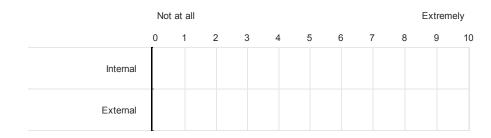
Did the experience of the state lead to any observable changes in the environment around you?

Not at all Very much so

During the experience of the event itself, to what extent was your attention focused on yourself and/or the world around you?



During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?



The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

What parts of yourself were the cause, home, or origin of the state?

My mind	My muscles	My stomach
My body	My hormones	My blood
My soul	My heart	My thoughts
My brain	My lungs	My nerves

The following questions will be about not the experience itself but rather your memory of it. Understanding characteristics of the memory will help us understand your responses.

How strong was your memory of the experience?



Not at all Extremely

How confident are y	ou in the n	nemorv?
---------------------	-------------	---------

	Not at all	0	•		0	©	extremely
How fro	equently do yo	ou experien	ce the state	of exhaustic	on?	Ver	y frequently
		0	0	0	0	0	0
Cond2_mental_	_anger						

Think of a recent time when you experienced ANGER.

As you recall the experience, think about the following -

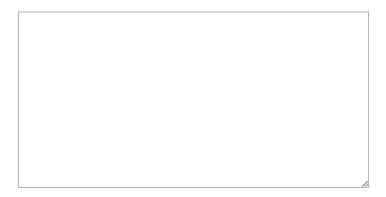
- 1. Did the experience involve any emotions, feelings or sentiments?
- 2. Did the experience involve any thoughts or reflections?
- 3. Did the experience involve any internal consequences (e.g. emotional or cognitive response, reactions)?

Close your eyes, and take some time to imagine the experience. Proceed to the next page only after you have attempted to imagine the experience.

I have attempted to imagine the experience.

Now, describe this experience of ANGER in as much detail as you can, paying special attention to what was happening within you. In your description, try to focus on addressing these questions -

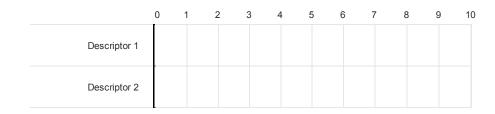
- 1. Did the experience involve any emotions, feelings or sentiments?
- 2. Did the experience involve any thoughts or reflections?
- 3. Did the experience involve any internal consequences (e.g. emotional or cognitive response, reactions)?



Now, we would like you to rate the experience that you just recalled and described on a number of dimensions.

Some questions will require you to make ratings on a single 7-point continuous scale, while some questions will require you to make ratings on a pair of descriptors using the slider shown below. You might rate one item of the pair high and the other low, both high, both low, or however you wish.

You can practice moving the sliders shown below before you continue.

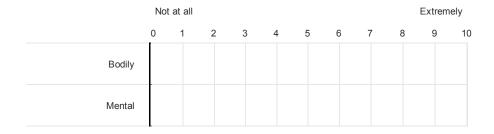


For the following questions, please use the sliders to indicate how much each term describes your experience.

My experience of ANGER was ______.

	Not a	at all							Ex	Extremely		
	0	1	2	3	4	5	6	7	8	9	10	
Physical												
Psychological												

My experience of ANGER was ______.



My experience of ANGER was ______

Not at all Extremely 0 1 2 3 4 5 6 7 8 9 10

Material					
Immaterial					

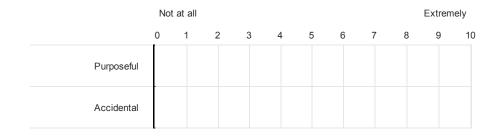
My experience of ANGER was ______.

	Not a	at all							E	Extremely		
	0	1	2	3	4	5	6	7	8	9	10	
Real												
Imagined												

My experience of ANGER was ______.

	Not a	at all							Extremely		
	0	1	2	3	4	5	6	7	8	9	10
Actual											
Made up											

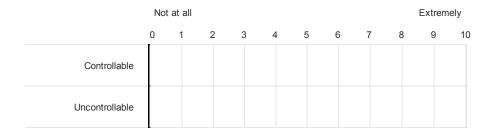
My experience of ANGER was _____



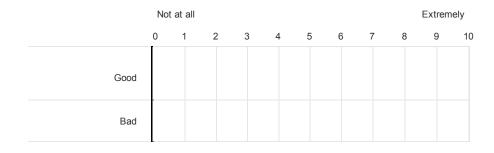
My experience of ANGER was ______.

	Not	at all								Extrem	ely
	0	1	2	3	4	5	6	7	8	9	10
Voluntary											
Involuntary											

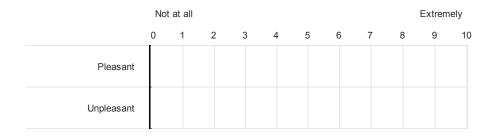
My experience of ANGER was ______.



My experience of ANGER was _____



My experience of ANGER was _____



For the following set of questions, you will rate your experience on a 7-point scale, ranging from "not at all" to "extremely".

To what extent would you describe the experience of ANGER as physically intense?

Not at all			Extremely

To what extent would you describe the experience of ANGER as involving strong feelings?

Not at all			Extremel

To what extent would you describe the experience of ANGER as mentally intense?

To what extent would you describe the experience of ANGER as involving much thinking?

To what extent would the state you were experiencing have been visible to others?

Not at all Extremely

O O O O O

To what extent would the state you were experiencing have been identifiable to others?

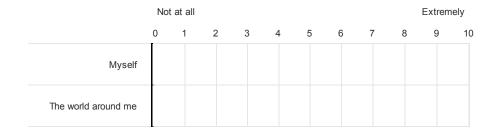
Not at all Extremely

O O O O O

Did the experience of the state lead to any observable changes in the environment around you?

Not at all Very much so

During the experience of the event itself, to what extent was your attention focused on yourself and/or the world around you?



During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?

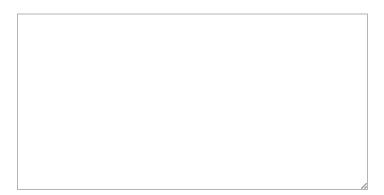
	Not a	t all							Ex	Extremely		
	0	1	2	3	4	5	6	7	8	9	10	
Internal												
External												

The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

		,	,	J		
My mind		My muso	cles	■ N	ly stomach	
My body		My horm	ones	■ N	ly blood	
My soul		My heart		■ N	ly thoughts	
My brain		My lungs	3	■ M	ly nerves	
The following que						
it. Understanding	cnaracteri	stics of the r	nemory wii	i neip us un	derstand y	our respons
How strong was y	our memo	ory of the ex	perience?			
Not at all	0	0	0	0	0	Extremely
How visually clea	r and vivid	l was your m	emory of tl	ne experien	ce?	
Not at all	0	0	•	0	0	Extremely
How confident are	you in the	e memory?				
Not at all						Extremely
0		0	0		0	0
How frequently de	o you expe	erience the s	tate of ang	er?		
Never						Very frequently
0	0	0	0	0	0	
d3_control_nerv						
Think of a recent	time when	you experie	enced NER\	OUSNESS.		
Close your eyes, only after you have					e. Proceed	d to the next
only alter you liat	e attempt	ou to illiagill	e me exhei	TOTICE.		

I have attempted to imagine the experience.

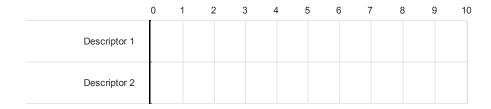
Now, describe this experience of NERVOUSNESS in as much detail as you can.



Now, we would like you to rate the experience that you just recalled and described on a number of dimensions.

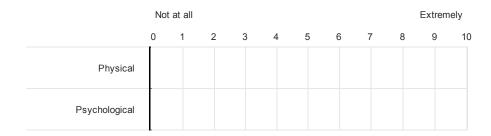
Some questions will require you to make ratings on a single 7-point continuous scale, while some questions will require you to make ratings on a pair of descriptors using the slider shown below. You might rate one item of the pair high and the other low, both high, both low, or however you wish.

You can practice moving the sliders shown below before you continue.



For the following questions, please use the sliders to indicate how much each term describes your experience.

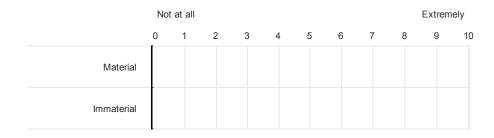
My experience of NERVOUSNESS was ______.



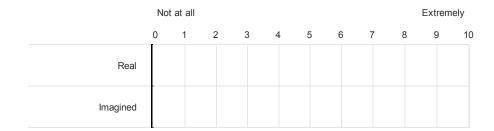
My experience of NERVOUSNESS was ______.

	Not a	at all						Е	Extremely		
	0	1	2	3	4	5	6	7	8	9	10
Bodily											
Mental											

My experience of NERVOUSNESS was ______.



My experience of NERVOUSNESS was _____



My experience of NERVOUSNESS was _____

	Not at all							Extremely			
	0	1	2	3	4	5	6	7	8	9 1	10
Actual											
Made up											

My experience of NERVOUSNESS was ______.

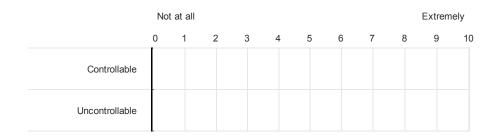
	Not at all							Extremely				
	0	1	2	3	4	5	6	7	8	9	10	
Purposeful												

A t-ttt					
Accidental					

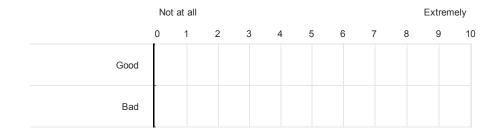
My experience of NERVOUSNESS was ______

	Not	Extremely									
	0	1	2	3	4	5	6	7	8	9	10
Voluntary											
Involuntary											

My experience of NERVOUSNESS was ______.



My experience of NERVOUSNESS was ______.



My experience of NERVOUSNESS was ______.

	Not at all										Extremely		
	0	1	2	3	4	5	6	7	8	9	10		
Pleasant													
Unpleasant													

For the following set of questions, you will rate your experience on a 7-point scale, ranging from "not at all" to "extremely".

To what extent wo intense?	ould you d	escribe the e	experience	of NERVOU	SNESS as į	<u>ohysically</u>
Not at all	0	0	0	0	•	Extremely
To what extent wo feelings?	ould you de	escribe the e	experience	of NERVOU	SNESS as <u>i</u>	nvolving strong
Not at all	0	0	0	0	0	Extremely
To what extent wo intense?	ould you d	escribe the e	experience	of NERVOU	SNESS as <u>ı</u>	<u>mentally</u>
Not at all	•	0	0	•	0	Extremely
To what extent wo	ould you d	escribe the e	experience	of NERVOU	SNESS as <u>i</u>	nvolving much
Not at all	0	•	•	0	•	Extremely
To what extent wo	ould the sta	ate you were	e experienc	ing have be	en visible 1	o others?
Not at all	0	•	•	0	0	Extremely
To what extent wo	ould the sta	ate you were	experienc	ing have be	en identifia	ble to others?
Not at all	0	0	0	0	•	Extremely
Did the experienc you?	e of the st	ate lead to a	ny observal	ole changes	in the env	ironment around
Not at all	0	0	0	0	0	Very much so
During the experion			f, to what ex	tent was yo	our attentio	n focused on
	Not	at all			Extremely	,

	Qualtr	ics Survey So	oftware	
Myself				
The world around me				

During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?

	Not at	all							Ext	remely	
	0	1	2	3	4	5	6	7 8	3 9	9 .	10
Internal											
External											

The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

What parts of yourself were the cause, home, or origin of the state?

My mind	My muscles	My stomach
My body	My hormones	My blood
My soul	My heart	My thoughts
My brain	My lungs	My nerves

The following questions will be about not the experience itself but rather your memory of it. Understanding characteristics of the memory will help us understand your responses.

How strong was your memory of the experience?

	Not at all	0	0	0	0	0	Extremely
How	visually clear	and vivid wa	as your men	nory of the	experience?	•	
	Not at all	0	0	0	0	0	Extremely
How	confident are	you in the m	nemory?				
	Not at all						Extremely
	0	0					0
Llaur i	fue arre with a de-	vallavne -i-	nee the stat	o of nomice	onooo?		
HOW	frequently do	you experie	nce the stat	e of nervou	sness?		
	Never						Very frequently

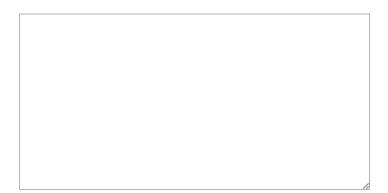
Cond3_control_exhaustion

Think of a recent time when you experienced EXHAUSTION.

Close your eyes, and take some time to imagine the experience. Proceed to the next page only after you have attempted to imagine the experience.

I have attempted to imagine the experience.

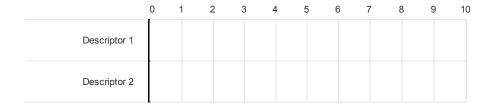
Now, describe this experience of EXHAUSTION in as much detail as you can.



Now, we would like you to rate the experience that you just recalled and described on a number of dimensions.

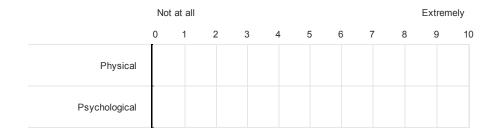
Some questions will require you to make ratings on a single 7-point continuous scale, while some questions will require you to make ratings on a pair of descriptors using the slider shown below. You might rate one item of the pair high and the other low, both high, both low, or however you wish.

You can practice moving the sliders shown below before you continue.

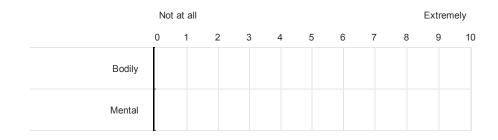


For the following questions, please use the sliders to indicate how much each term describes your experience.

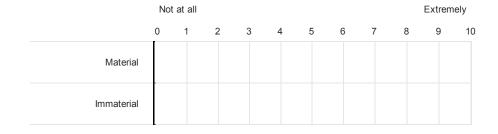
My experience of EXHAUSTION was _____



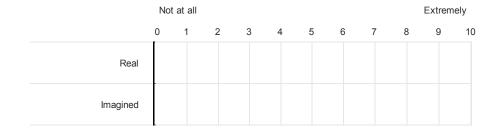
My experience of EXHAUSTION was _____



My experience of EXHAUSTION was ______.



My experience of EXHAUSTION was _____



My experience of EXHAUSTION was _____

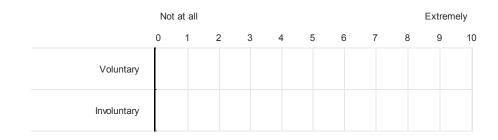
	Not	at all					Extrer				
	0	1	2	3	4	5	6	7	8	9	10
Actual											

Made up					

My experience of EXHAUSTION was ______.

	Not at all										Extremely		
	0	1	2	3	4	5	6	7	8	9	10		
Purposeful													
Accidental													

My experience of EXHAUSTION was ______.



My experience of EXHAUSTION was ______.

	Not at all										Extremely		
	0	1	2	3	4	5	6	7	8	9	10		
Controllable													
Uncontrollable													

My experience of EXHAUSTION was ______.

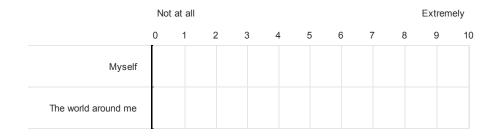
	Not at	all							Ext	remely
	0	1	2	3	4	5	6	7	3 !	9 10
Good										
Bad										

My experience of EXHAUSTION was ______

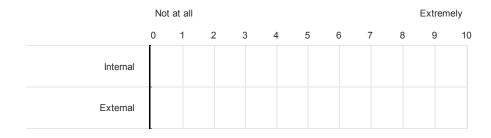
	Not	at all								Extrem	ely
	0	1	2	3	4	5	6	7	8	9	10
Pleasant											
Unpleasant											

			s, you will ra	ate your exp	perience on	a 7-point s	scale, ranging
from "no	t at all" to "e	xtremely".					
To what	extent would	d you descri	be the expe	rience of E	XHAUSTION	as <u>physic</u>	ally intense?
N	ot at all	0		•	0		Extremely
To what of the feelings?	extent would	d you descri	be the expe	rience of E	XHAUSTION	as <u>involvi</u>	ing strong
N	ot at all	0	0	0	0	0	Extremely
To what	extent would	d you descri	be the expe	rience of EX	XHAUSTION	as <u>menta</u>	lly intense?
N	ot at all	0	0	0	0	0	Extremely
To what o	extent would	d you descri	be the expe	rience of E	XHAUSTION	as <u>involv</u> i	ing much
N	ot at all		•	•	•		Extremely
To what	extent would	d the state y	ou were ex	periencing h	nave been v	isible to o	thers?
N	ot at all	•			•	0	Extremely
To what	extent would	d the state y	ou were exp	periencing h	nave been id	lentifiable	to others?
N	ot at all	0	0	•	0	0	Extremely
Did the e	xperience o	f the state le	ead to any o	bservable c	hanges in th	ne environ	ment around
N	ot at all					Ve	ery much so

During the experience of the event itself, to what extent was your attention focused on yourself and/or the world around you?



During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?



The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

What parts of yourself were the cause, home, or origin of the state?

My mind	My muscles	My stomach
My body	My hormones	My blood
My soul	My heart	My thoughts
My brain	My lungs	My nerves

The following questions will be about not the experience itself but rather your memory of it. Understanding characteristics of the memory will help us understand your responses.

How strong was your memory of the experience?



How visually clear and vivid was your memory of the experience?

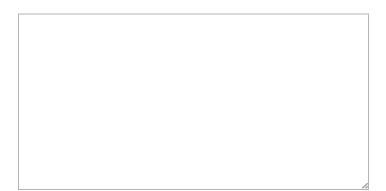
Not at all Extremely How frequently do you experience the state of exhaustion? Never Very frequently Cond3_control_anger

Think of a recent time when you experienced ANGER.

Close your eyes, and take some time to imagine the experience. Proceed to the next page only after you have attempted to imagine the experience.

I have attempted to imagine the experience.

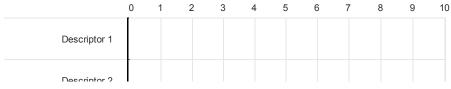
Now, describe this experience of ANGER in as much detail as you can.



Now, we would like you to rate the experience that you just recalled and described on a number of dimensions.

Some questions will require you to make ratings on a single 7-point continuous scale, while some questions will require you to make ratings on a pair of descriptors using the slider shown below. You might rate one item of the pair high and the other low, both high, both low, or however you wish.

You can practice moving the sliders shown below before you continue.



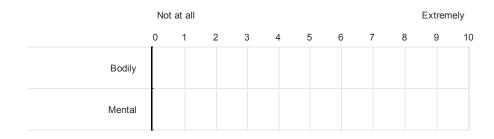
Descriptor 2

For the following questions, please use the sliders to indicate how much each term describes your experience.

My experience of ANGER was ______.

	Not	at all								Extrem	ely
	0	1	2	3	4	5	6	7	8	9	10
Physical											
Psychological											

My experience of ANGER was _____



My experience of ANGER was ______.

	Not a	at all							Е	xtreme	ely
	0	1	2	3	4	5	6	7	8	9	10
Material											
Immaterial											

My experience of ANGER was ______.

	No	t at all								Extrem	nely
	0	1	2	3	4	5	6	7	8	9	10
Real											
Imagined											

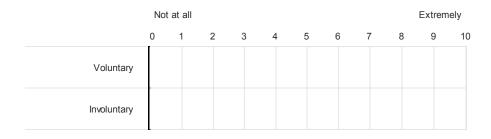


	Not	at all								Extrem	ely
	0	1	2	3	4	5	6	7	8	9	10
Actual											
Made up											

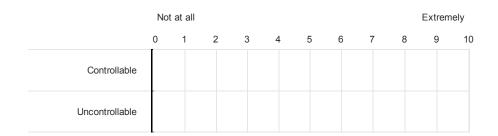
My experience of ANGER was ______.

	Not	at all								Extrem	ely
	0	1	2	3	4	5	6	7	8	9	10
Purposeful											
Accidental											

My experience of ANGER was ______.



My experience of ANGER was ______.



My experience of ANGER was ______.

0 1 2 3 4 5 6 7 8 9 10	Not	at all								Extrem	ely
	0	1	2	3	4	5	6	7	8	9	10

Good					
Bad					

My experience of ANGER was ______.

	Not	at all								Extrem	nely
	0	1	2	3	4	5	6	7	8	9	10
Pleasant											
Unpleasant											

For the following set of questions, you will rate your experience on a 7-point scale, ranging from "not at all" to "extremely".

To wl	hat extent w	ould you de	escribe the	experience	of ANGER as	s <u>physicall</u>	y intense?	
	Not at all	0	0	0	0	0	Extremely	
To wl	hat extent w	ould you de	escribe the o	experience	of ANGER as	s <u>involving</u>	strong feelin	<u>gs</u> ?
	Not at all	0	0	0	0	0	Extremely	
To wl	hat extent w	ould you de	escribe the	experience	of ANGER as	s <u>mentally</u>	intense?	
	Not at all	0	0	0	0	0	Extremely	
To wl	hat extent w	ould you de	escribe the	experience	of ANGER as	s <u>involving</u>	much thinkin	ıg?
	Not at all						Extremely	

To what extent would the state you were experiencing have been visible to others?

Not at all			Extremely

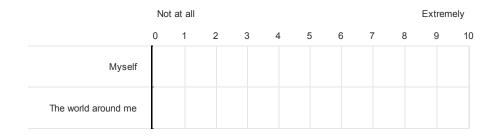
To what extent would the state you were experiencing have been identifiable to others?

Not at all				Extremely
			0	

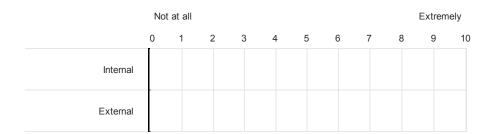
Did the experience of the state lead to any observable changes in the environment around you?

Not at all Very much so

During the experience of the event itself, to what extent was your attention focused on yourself and/or the world around you?



During the experience of the event itself, to what extent was your attention focused on internal (your mind and the inner parts of your body) and/or external (the world and the external parts of your body as they relate to it)?



The following item is a checklist. CHECK ALL OF THE RESPONSES THAT APPLY.

What parts of yourself were the cause, home, or origin of the state?

My mind	My muscles	My stomach
My body	My hormones	My blood
My soul	My heart	My thoughts
My brain	My lungs	My nerves

The following questions will be about not the experience itself but rather your memory of it. Understanding characteristics of the memory will help us understand your responses.

How strong was your memory of the experience?

Not at all			Extremely

Qualtrics Survey Software How visually clear and vivid was your memory of the experience? Not at all Extremely 0 How confident are you in the memory? Not at all Extremely How frequently do you experience the state of anger? Never Very frequently Indiv_diff Click to write the question text Demographics Now we would like to collect some demographic information about you. What is your gender? Male Female What is your age? What is your nationality?

What is your ethnicity? If more than one, select 'Other' or pick the one with which you primarily identify.

White
African American
American Indian / Alaska Native
Hispanic
Asian / Pacific Islander
Other

Did you find any	thing suspicious or strange at	oout this survey? If so, what?	
What did you th	nk this survey was about?		