### Supplemental Data 1

*The Reactions and Thoughts Scales Presented by Leary et al. (2007) and the Modified Scales Used for Performed Scenario*

#### Reactions

| Hypothetical Scenario, Leary et al. (2007) | Question 1, Performed Scenario |
|-------------------------------------------|--------------------------------|
| 1. Remain *relatively* calm and unflustered | 1. Remain calm and unflustered |
| 2. Overreact                                | 2. Overreact                  |
| 3. Experience strong emotions but not get carried away with them | 3. Experience strong emotions but not get carried away |
| 4. Have no emotional reaction whatsoever   | 4. Have no emotional reaction whatsoever |
| 5. Take the *situation* in stride          | 5. Take the *feedback* in stride |
| 6. Leave the *situation* quickly in order to deal with my emotions | 6. *Set aside the feedback* quickly in order to deal with my emotions |
| 7. Replay the *situation* in my mind for a long time afterwards | 7. Replay the *feedback* in my mind constantly |

| Recalled Scenario, Leary et al. (2007) | Question 2, Performed Scenario |
|---------------------------------------|--------------------------------|
| 1. I tried to be kind to myself       | 1. I tried to be kind to myself |
| 2. I tried to make myself feel better | 2. I tried to make myself feel better |
| 3. I was really hard on myself        | 3. I was really hard on myself |
| 4. I kept the *situation* in perspective | 4. I kept the *feedback* in perspective |
| 5. *I wanted to spend time alone*     | 5. *I tried to do things to take my mind off of the feedback* |
| 6. I expressed my emotions to let off steam | 6. I expressed my emotions to let off steam |
| 7. I took steps to fix the problem *in a positive way* or *I made plans to do so* | 7. I took steps to fix the problem or made plans to do so |
| 8. I sought out the company of others  | 8. I sought out the company of others |
| 9. I gave myself time to come to terms with it | 9. I gave myself time to come to terms with it |
| 10. *I tried to understand my emotions* |                                 |

#### Thoughts

| Hypothetical Scenario, Leary et al. (2007) | Question 1, Performed Scenario |
|-------------------------------------------|--------------------------------|
| 1. This is awful!                         | 1. This is awful!                |
| 2. Everybody goofs up now and then        | 2. Everybody goofs up now and then |
| 3. In the long run, this really doesn’t matter | 3. In the long run, this really doesn’t matter |
| 4. I am such a loser                       | 4. I am such a loser             |
| 5. *I wish I could die*                   | 5. This is embarrassing         |
| 6. This is sort of funny                   | 6. This is sort of funny         |
| 7. I should have expected this would happen | 7. I should have expected this would happen |

| Recalled Scenario, Leary et al. (2007) | Question 2, Performed Scenario |
|---------------------------------------|--------------------------------|
| 1. I seem to have bigger problems than most people do | 1. I seem to have bigger problems than most people do |
| 2. I’m a loser                         | 2. I’m a loser                   |
| 3. This isn’t any worse than what lots of other people go through | 3. This isn’t any worse than what lots of other people go through |
| 4. Why do these things always happen to me? | 4. Why do these things always happen to me? |
| 5. In comparison to other people, my life is really screwed up | 5. In comparison to other people, my life is really screwed up |
| 6. *I’ve had a really bad day—I need to do something nice for myself* | 6. *Everyone has a bad day now and then* |