Appendix. Examples of the statements that participants had to summarize for each variable of interest.

Highly activated positive affect: I am full of energy and spirit.

Activated positive affect: I am feeling enthusiastic.

Neither activated nor deactivated positive affect: I am happy.

Deactivated positive affect: I am feeling both happy and calm.

Highly deactivated positive affect: My whole body is relaxed.

Highly activated negative affect: I can feel pressure building inside.

Activated negative affect: I am feeling irritated.

Neither activated nor deactivated negative affect: I am unhappy.

Deactivated negative affect: I am feeling sad and in slow motion.

Highly deactivated negative affect: I am so bored that everything around me looks drab.

Appreciation: I have taken time to savor a moment of the day.

Positive reappraisal: I have seen what positive things a negative event can bring me.

Distraction: I have diverted my attention away from my problems.

Expressive suppression: I have tried not to show or express my emotions.

Rumination: I have wasted time thinking of a past event again and again.