

STUDY OF SELF-PERCEPTION

Welcome to the study of self-perception. On the following pages, you will be asked to reflect on your past and write down your memories on some emotional experiences. All information you provide will remain completely anonymous and confidential. If you don't have any question about the study at this moment, you may go ahead and start filling out the questionnaire.

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

1. When you were in a group performance

1-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

1-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

1-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

1-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

1-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

1-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

2. When you were in an accident or near-accident

2-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

2-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

2-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

2-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

2-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

2-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

3. When you had a conversation with a friend

3-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

3-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

3-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

3-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

3-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

3-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

4. When you walked or ran from a threatening situation

4-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

4-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

4-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

4-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

4-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

4-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

5. When you gave an individual presentation

5-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

5-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

5-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

5-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

5-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

5-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

6. When you watched the news on television

6-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

6-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

6-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

6-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

6-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

6-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

7. When you demonstrated a skilled act to a child or friend

7-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

7-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

7-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

7-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

7-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

7-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

8. When you ran for exercise

8-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

8-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

8-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

8-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

8-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

8-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

9. When you were embarrassed

9-1. Please indicate approximately how long ago the situation occurred:
About _____ year(s) _____ month(s) and _____ day(s) ago.

9-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

9-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

9-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

9-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

9-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

Please recall a specific instance of the situation given below. Then take the next few minutes to describe it **in detail**.

10. When you watched a horror movie

10-1. Please indicate approximately how long ago the situation occurred:

About _____ year(s) _____ month(s) and _____ day(s) ago.

10-2. Please indicate how vivid your memory is, using the following scale (0: *not at all vivid*, 4: *very vivid*).

| | | | | |
|------------------|---|---|---|------------|
| 0 | 1 | 2 | 3 | 4 |
| Not at all vivid | | | | Very vivid |

10-3. Please indicate how emotional you were at that time (0: *not at all emotional*, 4: *one of the most emotional experiences of my life*).

| | | | | |
|----------------------|---|---|---|--|
| 0 | 1 | 2 | 3 | 4 |
| Not at all emotional | | | | One of the most emotional experiences of my life |

10-4. How positive or negative was the situation to you (-2: very negative, 2: very positive)?

| | | | | |
|---------------|----|---------|---|---------------|
| -2 | -1 | 0 | 1 | 2 |
| Very negative | | Neutral | | Very positive |

10-5. Is your memory a first-person memory (In your memory, you imagine the scene from your original point of view, *not* as an external observer would see it) or a third-person memory (In your memory, you imagine the scene as an observer might see it. Such an observer would see *you* as well as other aspects of the situation)? Please rate your memory on a scale from 1 (*entirely a first-person memory*) to 11 (*entirely a third-person memory*).

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|----|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Entirely a first-person memory | | | | | | | | | | Entirely a third-person memory |

10-6. How easy or difficult was it for you to recall the situation (-2: very difficult, 2: very easy)?

| | | | | |
|----------------|----|---|---|-----------|
| -2 | -1 | 0 | 1 | 2 |
| Very difficult | | | | Very easy |

