Appendix A: Survey for Regulator

Range and Differentiation of Emotional Experience Scale/ Differentiation Subscale (Kang & Shaver, 2004)

1 (Does not describe me at all) - 5 (Describes me very well)

I am aware of the subtle differences between feelings I have.

I am good at distinguishing subtle differences in the meaning of closely related emotion words.

I am aware that each emotion has a completely different meaning.

If emotions are viewed as colors, I can notice even small variations within one kind of color (emotion).

Each emotion has a very distinct and unique meaning to me.

I am aware of the different nuances or subtleties of a given emotion.

I tend to draw fine distinctions between similar feelings (e.g., depressed and blue; annoyed and irritated).

Trait Meta-Mood Scale -24 Clarity of Feelings Subscale (Salovey et al., 1995)

1 (strongly disagree) - 5 (strongly agree)

I am usually very clear about my feelings.

I am rarely confused about how I feel.

I almost always know exactly how I am feeling.

I feel at ease about my emotions.

I usually know my feelings about a matter.

I am often aware of my feelings on a matter.

I have lots of energy when I feel sad.

The variety of human feelings makes life more interesting.

When I am depressed, I can't help but think of bad thoughts.

I usually don't have much energy when I am sad.

My belief and opinions always seem to change depending on how I feel. R

I can never tell how I feel. R

Sometimes I can't tell what my feelings are. R

I am usually confused about how I feel. R

I can't make sense out of my feelings. R

Vignettes

Imagine that your partner called you and started talking about their day. Below are short sections of what they said. . Please rate which emotions and the intensity of the emotions that your partner might have felt during the day when they were experiencing the events they are describing.

1. As you know, I have been working on this work presentation for a long time; and today I finished it. The presentation includes a summary of all the work I have been doing recently. It felt good looking at what I accomplished over the last three months. My boss will see it tomorrow before making the yearly promotion decisions.

Proud
1 (not at all) - 5 (extremely) Excited
1 (not at all) - 5 (extremely) Happy
1 (not at all) - 5 (extremely) Calm
1 (not at all) - 5 (extremely)

Optimistic
1 (not at all) - 5 (extremely)

Amused
1 (not at all) - 5 (extremely)

Relieved
1 (not at all) - 5 (extremely)

Anxious
1 (not at all) - 5 (extremely)

What would you say to your partner to make them feel good (if you think they will be feeling bad) or even better (if you think they will be feeling good) in this situation?(Open-ended)

2. I had just finished eating my dinner and laid down on the sofa. My friend's puppy that I am watching came over to me looking for some ear-scratches. Right then I knew this was going to be a chill Friday night. We were watching late night TV, and she just fell asleep.

1 (not at all) - 5 (extremely) Happy
1 (not at all) - 5 (extremely) Calm
1 (not at all) - 5 (extremely) Tired

1 (not at all) - 5 (extremely) Relieved
1 (not at all) - 5 (extremely) Excited
1 (not at all) - 5 (extremely) Vulnerable
1 (not at all) - 5 (extremely) Inspired

1 (not at all) - 5 (extremely) Affectionate

What would you say to your partner to change these emotions? (Open-ended) (See suggestions for #1)

3. My friend is taking the qualifying exam for a job with my company next Monday. I did really well on it my first try, but she struggles with these kinds of tests. She has always wanted a job like mine and I know she wants to at least get near my score; she'll be so disappointed if she doesn't pass. I hope it works out.

1 (not at all) - 5 (extremely) Afraid
1 (not at all) - 5 (extremely) Anxious
1 (not at all) - 5 (extremely)Excited

1 (not at all) - 5 (extremely) Threatened
1 (not at all) - 5 (extremely) Optimistic
1 (not at all) - 5 (extremely) Depressed
1 (not at all) - 5 (extremely) Guilty
1 (not at all) - 5 (extremely) Worried

What would you say to your partner to change these emotions? (Open-ended)

4. The wristwatch I inherited from my great-grandfather stopped working this morning, and the repairman said there's no way to fix it. It was so old I hardly used it, and I know it's just an object, but it's been in my family for ages. I wish there was a way to get it working again.

1 (not at all) - 5 (extremely) Gloomy
1 (not at all) - 5 (extremely) Sad
1 (not at all) - 5 (extremely) Depressed

1 (not at all) - 5 (extremely) Guilty
1 (not at all) - 5 (extremely) Angry
1 (not at all) - 5 (extremely) Vulnerable
1 (not at all) - 5 (extremely) Mad
1 (not at all) - 5 (extremely) Afraid

What would you say to your partner to change these emotions? (Open-ended)

Personal Assessment of Intimacy in Relationships Scale - Emotional Intimacy Subscale (Schaefer & Olson, 1981)

5-point Likert scale (1-5) Strongly Disagree to Strongly Agree

My partner listens to me when I need someone to talk to.

I can state my feelings without them getting defensive.

I often feel distant from my partner.

My partner can really understand my hurts and joys.

I feel neglected at times by my partner.

I sometimes feel lonely when we're together.

Revised Adult Attachment Scale (Collins, 1996)

Please read each of the following statements and rate the extent to which it describes your feelings about romantic relationships. Please think about all your relationships (past and present) and respond in terms of how you generally feel in these relationships. If you have never been involved in a romantic relationship, answer in terms of how you think you would feel.

Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

1(Not at all Characteristic of me) - 5 (Very characteristic of me)

1. I find it relatively easy to get close to people.
2. I find it difficult to allow myself to depend on others.
3. I often worry that romantic partners don't really love me.
4. I find that others are reluctant to get as close as I would like.
5. I am comfortable depending on others.
6. I don't worry about people getting too close to me.
7. I find that people are never there when you need them.
8. I am somewhat uncomfortable being close to others.
9. I often worry that romantic partners won't want to stay with me.
10. When I show my feelings for others, I'm afraid they will not feel the same about me.
11. I often wonder whether romantic partners really care about me.
12. I am comfortable developing close relationships with others.
13. I am uncomfortable when anyone gets too emotionally close to me.
14. I know that people will be there when I need them.
15. I want to get close to people, but I worry about being hurt.
16. I find it difficult to trust others completely.
17. Romantic partners often want me to be emotionally closer than I feel comfortable being.
18. I am not sure that I can always depend on people to be there when I need them.

Appendix B: Survey for Target

Vignettes

Imagine that you called your partner and started talking about your day. Below are short sections from your talk. Please rate the intensity of the emotions you might have experienced during the times you are talking about.

1. I was working on this presentation for a long time and today I finished it. This presentation includes a summary of all the work I have been doing recently. It felt good looking at what I accomplished over the last three months. My boss will see it tomorrow. So, let's hope I will be promoted!

1 (not at all) - 5 (extremely) Excited
1 (not at all) - 5 (extremely) Happy
1 (not at all) - 5 (extremely) Calm
1 (not at all) - 5 (extremely) Proud

Optimistic
1 (not at all) - 5 (extremely)

Amused
1 (not at all) - 5 (extremely)

Relieved
1 (not at all) - 5 (extremely)

Anxious
1 (not at all) - 5 (extremely)

How strongly would you express these emotions to your partner if your partner was next to you at that time? 1 very slightly - 5 very strongly

What would you like to hear from your partner to increase the intensity of these emotions? (Open-ended)

2. I had just finished eating my dinner and laid down on the sofa. My puppy came over to me looking for pets. Right then I knew this was going to be a chill Friday night. We were watching late-night TV, and she just fell asleep. I will sleep soon too.

1 (not at all) - 5 (extremely) Happy
1 (not at all) - 5 (extremely) Calm
1 (not at all) - 5 (extremely) Tired

1 (not at all) - 5 (extremely) Relieved
1 (not at all) - 5 (extremely) Excited
1 (not at all) - 5 (extremely) Vulnerable
1 (not at all) - 5 (extremely) Inspired

1 (not at all) - 5 (extremely) Affectionate

How strongly would you express these emotions to your partner if your partner was next to you at that time? 1 very slightly - 5 very strongly

What would you like to hear from your partner to change these emotions? (Open-ended)

3. My friend is taking the qualifying exam for a job with my company next Monday. I did really well on it my first try, but she struggles with these kinds of tests. She has always wanted a job like mine and I know she wants to at least get near my score; she'll be so disappointed if she doesn't pass. I hope it works out.

1 (not at all) - 5 (extremely) Afraid
1 (not at all) - 5 (extremely) Anxious
1 (not at all) - 5 (extremely) Worried
1 (not at all) - 5 (extremely) Threatened
1 (not at all) - 5 (extremely) Sad
1 (not at all) - 5 (extremely) Depressed
1 (not at all) - 5 (extremely) Guilty
1 (not at all) - 5 (extremely) Excited

How strongly would you express these emotions to your partner if your partner was next to you at that time? 1 very slightly - 5 very strongly

What would you like to hear from your partner to change these emotions? (Open-ended)

4. The wristwatch I inherited from my great-grandfather stopped working this morning, and the repairman said there's no way to fix it. It was so old I hardly used it, and I know it's just an object, but it's been in my family for ages. I wish there was a way to get it working again.

1 (not at all) - 5 (extremely) Gloomy
1 (not at all) - 5 (extremely) Depressed
1 (not at all) - 5 (extremely) Afraid

1 (not at all) - 5 (extremely) Guilty
1 (not at all) - 5 (extremely) Angry
1 (not at all) - 5 (extremely) Vulnerable
1 (not at all) - 5 (extremely) Mad
1 (not at all) - 5 (extremely) Sad

How strongly would you express these emotions to your partner if your partner was next to you at that time? 1 very slightly - 5 very strongly

What would you like to hear from your partner to decrease the intensity of these emotions? (Open-ended)

BERKELEY EXPRESSIVITY QUESTIONNAIRE (Gross & John, 1997)

For each statement below, please indicate your agreement or disagreement.

1 (strongly agree) - 7 (strongly disagree)

Whenever I feel positive emotions, people can easily see exactly what I am feeling.

I sometimes cry during sad movies.

People often do not know what I am feeling.

I laugh out loud when someone tells me a joke that I think is funny.

It is difficult for me to hide my fear.

When I'm happy, my feelings show.

My body reacts very strongly to emotional situations.

I've learned it is better to suppress my anger than to show it.

No matter how nervous or upset I am, I tend to keep a calm exterior.

I am an emotionally expressive person.

I have strong emotions.

I am sometimes unable to hide my feelings, even though I would like to.

Whenever I feel negative emotions, people can easily see exactly what I am feeling.

There have been times when I have not been able to stop crying even though I tried to stop.

I experience my emotions very strongly.

What I'm feeling is written all over my face.

Personal Assessment of Intimacy in Relationships Scale - Emotional Intimacy Subscale (Schaefer & Olson, 1981)

5-point Likert scale (1-5) Strongly Disagree to Strongly Agree

My partner listens to me when I need someone to talk to.

I can state my feelings without them getting defensive.

I often feel distant from my partner.

My partner can really understand my hurts and joys.

I feel neglected at times by my partner.

I sometimes feel lonely when we're together.

Revised Adult Attachment Scale (Collins, 1996) (based on time ?????))

Please read each of the following statements and rate the extent to which it describes your feelings about romantic relationships. Please think about all your relationships (past and present) and respond in terms of how you generally feel in these relationships. If you have never been involved in a romantic relationship, answer in terms of how you think you would feel.

Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

1(Not at all Characteristic of me) - 5 (Very characteristic of me)

1. I find it relatively easy to get close to people.
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5. I am comfortable depending on others.
6. I don't worry about people getting too close to me.
7. I find that people are never there when you need them.
8. I am somewhat uncomfortable being close to others.
9. I often worry that romantic partners won't want to stay with me.
10. When I show my feelings for others, I'm afraid they will not feel the same about me.
11. I often wonder whether romantic partners really care about me.
12. I am comfortable developing close relationships with others.
13. I am uncomfortable when anyone gets too emotionally close to me.
14. I know that people will be there when I need them.
15. I want to get close to people, but I worry about being hurt.
16. I find it difficult to trust others completely.
17. Romantic partners often want me to be emotionally closer than I feel comfortable being.
18. I am not sure that I can always depend on people to be there when I need them.

IRQ Negative-Efficacy (NE) subscale (Williams et al., 2018)

1-7 (Strongly disagree- Strongly Agree)

5. I appreciate having my partner's support through difficult times.
6. Sometimes I just need my partner to understand where I'm coming from.
7. It really helps me feel better during stressful situations when my partner knows and cares about what I'm going through.
8. I really appreciate having my partner to help me figure out my problems.

IRQ Positive-Efficacy (PE) subscale (Williams et al., 2018)

9. 13. I'm happier when I'm with my partner than when I'm by myself.
10. 14. Being with my partner tends to put a smile on my face.
11. 15. I find that even just being around my partner can help me to feel better.
12. 16. I really enjoy being around my partner I know.