Text S1

Task Instructions

"Thank you for coming today! We appreciate your participation in this study. This study has two parts. First there is a computerized task. After that task you will open the door to let me know you are finished, and then I will bring you a questionnaire. After the questionnaire I will come back in and we will briefly go over the study, and then you'll be on your way. You will receive one-hour worth of credit for your participation. Any questions so far?"

"In this study, we are interested in how people respond to pictures that represent a lot of different events. For about the next 30-40 minutes, you will be looking at different pictures on the computer screen, and you will be asked to rate each picture in terms of how it made you feel while viewing it. You'll find you get into a rhythm when rating the pictures, and we find that most people take just a few seconds to look at and rate each picture. There are 300 pictures total, which sounds like a lot, but as I said, you'll become efficient at rating them."

"You will be making two ratings. One rating will be for how pleasant or unpleasant you found the picture to be. A second rating will be for how activating, or arousing, you found the picture to be. This refers to how you feel in your body when viewing the picture. I'll be giving you more information about how to rate the pictures in just a second, but please note that your rating of each picture should reflect *how you felt while you viewed the picture."*

"Okay. Do you have any questions? Great! I'll start up the task, and we will read along with some on-screen instructions. We will also practice a few trials to make sure the task makes sense and to make sure it's running properly. I'm going to turn off the overhead light and leave this lamp on."

"Any questions? You will now complete 3 practice trials. I will be in the room during these trials."

"OK, you are done with the practice trials. Do you have any questions? Great, then you're all set to begin. I will not be in the room and will close the door behind me. I'll also turn on

this white noise machine, so you won't be distracted by any outside noise. If you ever need to come and get me, I will be in the main room. Once you are done, you will see a screen that asks you to get your experimenter; just come out and get me."

Onscreen Instructions

- *Slide 1:* In this task, you will view 300 pictures that will be presented one at a time.

- *Slide 2:* You can view each picture for as long as you want, then press the SPACEBAR to continue and rate each picture.

- *Slide 3:* After viewing each picture, you will be asked to make 2 ratings. It is important that you base your ratings on how you felt when you first viewed the picture.

- *Slide 4:* The first rating will be for how pleasant or unpleasant you found the picture to be. The scale ranges from 1 to 9, where 1 is extremely unpleasant and 9 is extremely pleasant. 5 is neutral – neither pleasant or unpleasant. For example, most people would rate a picture of a cute puppy as very pleasant, and a picture of an auto accident as very negative.

- *Slide 5:* The second rating will be for how activating, or arousing, you found the picture to be. This refers to how you feel in your body when viewing the picture. If you feel increased physiological activation in response, this is what we mean.

- *Slide 6:* The second scale also ranges from 1 to 9. 1 is extremely non-activating (you feel no activation in response to the picture, or you feel very calm), and 9 is extremely activating (you feel stimulated, agitated, anxious, etc.). 5 is moderately activating or arousing. For example, most people would rate a picture of a chair in a room as non-activating, and a picture of a snarling dog as more activating.

- *Slide 7:* Your responses will not be timed, and you may take as long as you want to provide each rating. Please remember to respond with how you felt when you first viewed the picture.

There are no right or wrong answers, and we appreciate knowing what YOU think! Please press the SPACEBAR to continue to the practice trials.