# Appendix A. Decentering Measurement

## Factor 1: Meta-awareness

1. I am able to watch myself thinking.
2. I am able to watch my thoughts and feelings like someone watching a movie.
3. I can watch my thoughts and emotions drift by like leaves on a stream.
4. I can watch my thoughts and emotions come and go like clouds.
5. I am able to step back and watch my mind work.

## Factor 2: Disidentification with internal experience

1. My sense of self is larger than my thoughts and feelings.
2. I am more than my thoughts and feelings.
3. My sense of self is separate from my changing thoughts and feelings.
4. My thoughts and emotions are part of me, but they are not me.
5. I am separate from my changing thoughts and feelings.

## Factor 3: Nonreactivity to internal experience

1. I can observe unpleasant thoughts and feelings without trying to change them.
2. I can step back and be aware of distressing thoughts and emotions without being taken over by them.
3. When I have distressing thoughts or emotions, I just notice them and let them go.
4. I can be aware of unpleasant thoughts or feelings without immediately reacting to them.
5. When I have distressing thoughts or feelings I am able just to notice them without reacting.

# Appendix B. Reappraisal Measurement

## Factor 1: ERQ-Reappraisal

1. When I want to feel more *positive* emotion (such as joy or amusement), I *change what I’m thinking about*.
2. When I want to feel less *negative* emotion (such as sadness or anger), I *change what I’m thinking about*.
3. When I’m faced with a stressful situation, I make myself *think about it* in a way that helps me stay calm.
4. When I want to feel more *positive* emotion, I *change the way I’m thinking* about the situation.
5. I control my emotions by *changing the way I think* about the situation I’m in.
6. When I want to feel less *negative* emotion, I *change the way I’m thinking* about the situation.

## Factor 2: CFI-Alternative (top 5 loadings)

1. I consider multiple options before making a decision.
2. I like to look at difficult situations from many different angles.
3. When in difficult situations, I consider multiple options before deciding how to behave.
4. I often look at a situation from different viewpoints.
5. When I encounter difficult situations, I stop and try to think of several ways to resolve it.

## Factor 3: State Reappraisal-Increase Positive (top 3 loadings)

1. I try to think of positive consequences of this week.
2. I try to look for something positive in what happened this week.
3. I try to think of positive aspects of this week.

## Factor 4: State Reappraisal-Decrease Negative (top 3 loadings)

1. The consequences of this week are not as significant as I thought they would be.
2. This week has less effect on my life than I thought it would have.
3. This week is not as meaningful as I initially thought it was.

# Appendix C. WB Measurement

## Satisfaction with Life Scale (SWLS)

1. In most ways my life is close to my ideal in the past week.
2. The conditions of my life are excellent in the past week.
3. I am satisfied with my life in the past week.

## Mood

1. I felt angry (Anger 1)
2. I felt cheerful (Happy 1)
3. I felt sad (Sad 1)
4. I felt anxious (Anxious 1)
5. I felt happy (Happy 2)
6. I felt irritated (Anger 2)
7. I felt depressed (Sad 2)
8. I felt worried (Anxious 2)

## Flourishing

Domain 1: Happiness and Life Satisfaction

1. Overall, how satisfied are you with life as a whole these days? (0 = not satisfied at all, 10 = completely satisfied)
2. In general, how happy or unhappy do you usually feel? (0 = extremely unhappy, 10 = extremely happy)

Domain 2: Mental and Physical Health

1. In general, how would you rate your physical health? (0 = poor, 10 = excellent)
2. How would you rate your overall mental health? (0 = poor, 10 = excellent)

Domain 3: Meaning and Purpose

1. Overall, to what extent do you feel the things you do in your life are worthwhile? (0 = not at all worthwhile, 10 = completely worthwhile)
2. I understand my purpose in life. (0 = strongly disagree, 10 = strongly agree)

Domain 4: Character and Virtue

1. I always act to promote good in all circumstances, even in difficult and challenging situations. (0 = not true of me, 10 = completely true of me)
2. I am always able to give up some happiness now for greater happiness later. (0 = not true of me, 10 = completely true of me)

Domain 5: Close Social Relationships

1. I am content with my friendships and relationships. (0 = strongly disagree, 10 = strongly agree)
2. My relationships are as satisfying as I would want them to be. (0 = strongly disagree, 10 = strongly agree)

# Appendix D. Study 3 (UTM data) WB Measurement

## Satisfaction with Life Scale (SWLS)

1. In most ways my life is close to my ideal in the past week.

2. The conditions of my life are excellent in the past week.

1. I am satisfied with my life in the past week.

## Mood

In the past few days, how frequently have you felt the following emotions? (1-Almost Never, 7-Almost Always)

Positive Emotions: Joy, Contentment, Compassion, Pride, Love, Amusement, Awe

Negative Emotions: Anger, Shame, Worry, Sadness, Jealousy, Guilt, Selfishness

# Appendix E. Final Suggested Measures for Decentering, Reappraisal, and WB

## Decentering

Factor 1: Meta-awareness

1. I am able to watch myself thinking.
2. I am able to watch my thoughts and feelings like someone watching a movie.
3. I can watch my thoughts and emotions drift by like leaves on a stream.
4. I can watch my thoughts and emotions come and go like clouds.
5. I am able to step back and watch my mind work.

Factor 2: Disidentification with internal experience

1. My sense of self is larger than my thoughts and feelings.
2. I am more than my thoughts and feelings.
3. My sense of self is separate from my changing thoughts and feelings.
4. My thoughts and emotions are part of me, but they are not me.
5. I am separate from my changing thoughts and feelings.

Factor 3: Nonreactivity to internal experience

1. I can observe unpleasant thoughts and feelings without trying to change them.
2. I can step back and be aware of distressing thoughts and emotions without being taken over by them.
3. When I have distressing thoughts or emotions, I just notice them and let them go.
4. I can be aware of unpleasant thoughts or feelings without immediately reacting to them.
5. When I have distressing thoughts or feelings I am able just to notice them without reacting.

## Reappraisal

Factor 1: ERQ-Reappraisal

* + - 1. When I want to feel more *positive* emotion (such as joy or amusement), I *change what I’m thinking about*.
      2. When I want to feel less *negative* emotion (such as sadness or anger), I *change what I’m thinking about*.
      3. When I’m faced with a stressful situation, I make myself *think about it* in a way that helps me stay calm.
      4. When I want to feel more *positive* emotion, I *change the way I’m thinking* about the situation.
      5. I control my emotions by *changing the way I think* about the situation I’m in.
      6. When I want to feel less *negative* emotion, I *change the way I’m thinking* about the situation.

Factor 2: State Reappraisal-Increase Positive (top 3 loadings)

* + - 1. I try to think of positive consequences of this week.
      2. I try to look for something positive in what happened this week.
      3. I try to think of positive aspects of this week.

## Wellbeing

Satisfaction with Life Scale (SWLS)

* + - 1. In most ways my life is close to my ideal in the past week.
      2. The conditions of my life are excellent in the past week.
      3. I am satisfied with my life in the past week.

Mood (Basic Emotions)

I felt angry (Anger 1)

I felt cheerful (Happy 1)

I felt sad (Sad 1)

* + - 1. I felt anxious (Anxious 1)
      2. I felt happy (Happy 2)
      3. I felt irritated (Anger 2)
      4. I felt depressed (Sad 2)
      5. I felt worried (Anxious 2)

Mood (Basic + Social Emotions)

1. Positive Emotions: Joy, Contentment, Compassion, Pride, Love, Amusement, Awe

2. Negative Emotions: Anger, Shame, Worry, Sadness, Jealousy, Guilt, Selfishness