Online Resource 1. *Bivariate correlations between coder ratings and self-ratings for the On Your Mind Writing Task (N = 117).*

| | Coder-rated OYM characteristics | | | |
|---|---|---|---|---|
| | Negative | Other | Searching | Means (SD) |
| Means (SD) | 3.57 (1.11) | 1.97 (.75) | 2.45 (1.06) | |
| | | | | |
| Self-rated characteristics | | | | |
| difficult to control | .32** | -.02 | .12 | 4.54 (1.54) |
| negative | .66*** | .14 | .05 | 4.27 (1.94) |
| unhelpful | .43*** | .12 | -.01 | 3.95 (1.76) |
| disrupt concentration | .18* | .12 | .06 | 3.09 (1.60) |
| prolonged | .27** | .24* | -.04 | 2.93 (1.33) |
| frequent | -.08 | -.08 | .12 | 2.34 (1.31) |
| about self | -.09 | -.52*** | .05 | 4.95 (1.96) |
| no shift in perspective | -.16 | -.14 | -.23* | 3.70 (1.66) |
| unresolved | .43*** | .09 | .38*** | 5.07 (1.76) |
| uncertain | .20* | -.15 | .53*** | 4.23 (2.02) |
| about something important | .15 | -.10 | .08 | 6.14 (1.22) |
| | | | | |
| Positive Affect | -.51*** | -.16 | -.10 | 2.51 (.92) |
| Fear | .44*** | -.19* | .08 | 2.39 (1.02) |
| Hostility | .54*** | .22* | -.15 | 1.89 (.92) |
| Self-Conscious Affect | .51*** | -.04 | -.01 | 2.16 (1.10) |
| Sadness | .51*** | .17 | .03 | 2.34 (1.18) |
| | | | | |
| Rumination | | | | |
| ARS | .29** | .12 | -.11 | |
| RSQ | .28** | .14 | .14 | |
| ARQ | .28** | .-04 | -.02 | |
| SRRS | .22* | .10 | -.07 | |
| RIO | .23* | .27** | -.05 | |
| PEPQ-R | .30** | .18 | .04 | |

*p <.05, **p < .01, ***p < .001

Note: OYM = On Your Mind writing task; Negative = Negative-valence (vs Positive-valence); Other = Other-focus (vs Self-focus); Searching purpose (vs Solving purpose); ARS = Anger Rumination Scale; RSQ = Response Styles Questionnaire; ARQ = Anxious Rumination Questionnaire; SRRS = Stress-Reactive Rumination Scale; RIO = Rumination on Interpersonal Offenses Scale; PEPQ-R = Post-Event Processing Questionnaire.