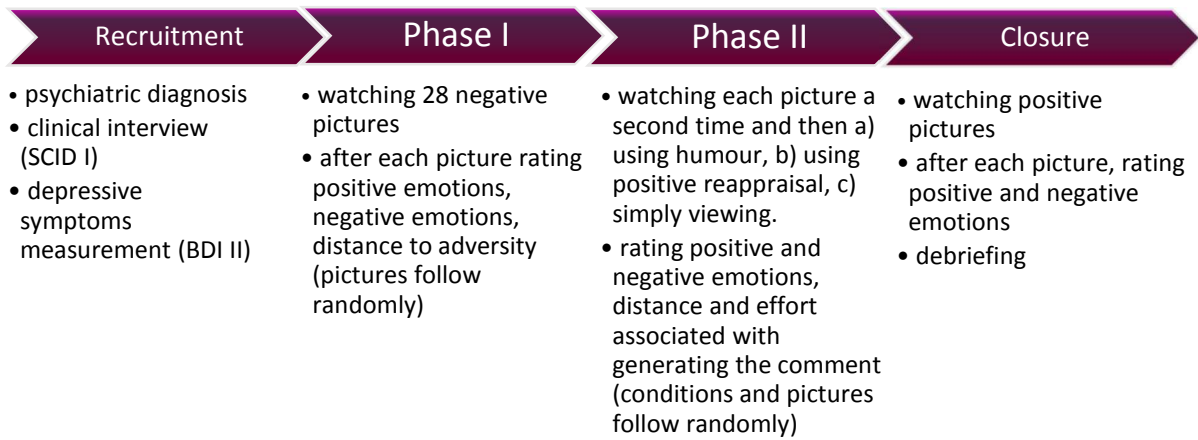


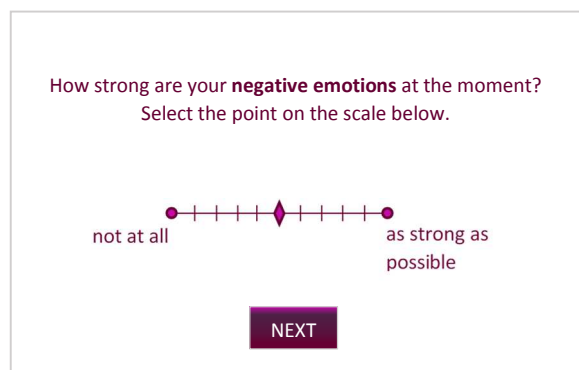
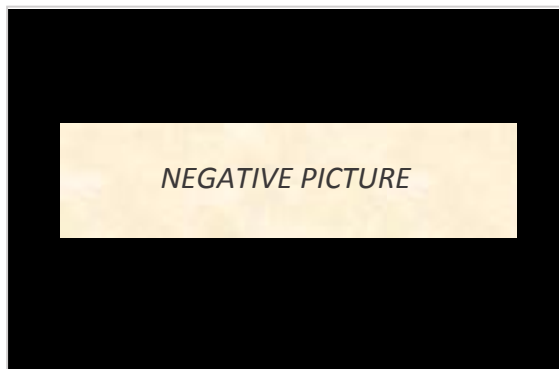
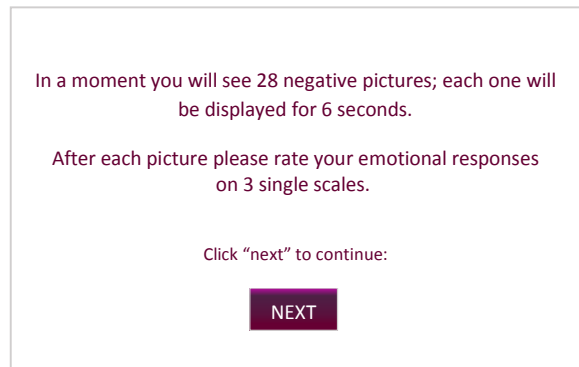
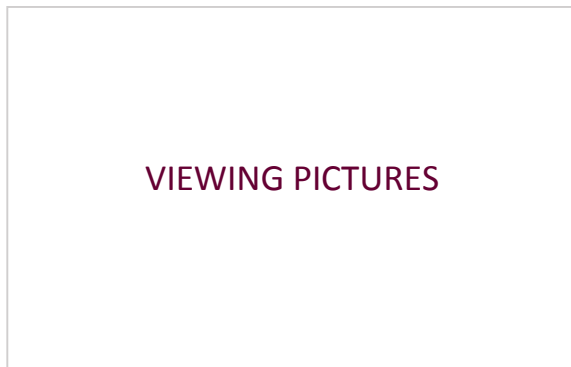
Supporting Information

- **Procedure outline:**



- **Experimental procedure (basic elements):**

Phase 1



How strong are your **positive emotions** at the moment?



NEXT

How much **distance** to the scene, observed in the picture, do you keep?



NEXT

NEGATIVE PICTURE

... (28 trials)

Phase 2 – Condition A (*humorous reappraisal*)

HUMOUR

You will see 8 pictures that you have already seen before.
While viewing each picture try to humorously comment
on its meaning.

Before we start, you will see 2 examples.

Click "next" to continue:

NEXT

EXAMPLE 1

NEGATIVE PICTURE

(a gun pointed at a viewer's head)

Example comment:

I did not know that I am the point of
your life.

EXAMPLE 2

NEGATIVE PICTURE
(male face with many bruises, dark circles under the eyes, and stiches on the forehead)

Example comment:

And now he's ready to go to the halloween party!

In a moment you will see a picture.
Please, watch it as long as you need and produce a humorous comment.

NEXT

NEGATIVE PICTURE

Have you produced a humorous comment?

YES

SORT OF

NO

[after "yes" and "sort of" responses]

Please, write your comment below:

Place for your comment...

Click „next” to continue:

NEXT

[after "no" response]

Please, write short, why you did not do that:

Place for your explanation...

Click „next” to continue:

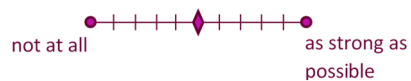
NEXT

How strong are your **negative emotions** at the moment?
Select the point on the scale below.



NEXT

How strong are your **positive emotions** at the moment?



NEXT

How much **distance** to the scene, observed in the picture, do you keep?



NEXT

How much **effort** did you put into generating a comment?



NEXT

In a moment you will see a picture.

Please, watch it as long as you need and produce a humorous comment.

NEXT



... (8 trials)

Phase 2 – Condition B (positive reappraisal)

POSITIVE INTERPRETATION

You will see 8 pictures that you have already seen before.
While viewing each picture try to positively comment on its meaning.

Before we start, you will see 2 examples.

Click "next" to continue:

NEXT

EXAMPLE 1

NEGATIVE PICTURE

(an old sad man sitting by
a hospital bed in which lies seriously ill
old women)

Example comment:

It's wonderful that they can rely on
each other.

EXAMPLE 2

NEGATIVE PICTURE

(a hunting weapon held by a men)

Example comment:

It's good that he has weapon. He will be
safe when meeting a dangerous animal.

In a moment you will see a picture.

Please look at it as long as you need to and produce
a positive comment.

NEXT

NEGATIVE PICTURE

Click "next" to continue:

NEXT

Have you produced a positive comment?

YES

SORT OF

NO

[after "yes" and "sort of" responses]

Please write your comment below:

Place for your comment...

Click "next" to continue:

NEXT

[after "no" response]

Please write briefly about why you did not do that:

Place for your explanation...

Click "next" to continue:

NEXT

How strong are your **negative emotions** at the moment?
Select the point on the scale below.



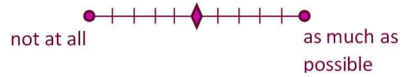
NEXT

How strong are your **positive emotions** at the moment?



NEXT

How much **distance** to the scene, observed in the picture,
do you keep?



NEXT

How much **effort** did you put into generating a
comment?



NEXT

In a moment you will see a picture.
Please look at it as long as you need to and produce
a positive comment.

NEXT

NEGATIVE PICTURE

Click "next" to continue:

NEXT

... (8 trials)

Phase 2 – Condition C (spontaneous emotion regulation)

A SECOND VIEWING

You will see 8 pictures that you have already seen before.
Just watch it; there's no need to do anything else.

Each picture will be displayed for 8 seconds.

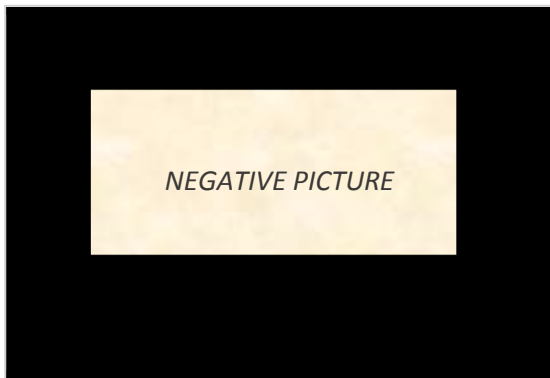
Click "next" to continue:

NEXT

In a moment you will see a picture.

Please watch it until it disappears.

NEXT



What was seen in the picture?
Write 1-2 sentences below:

place for your answer...

Click "next" to continue:

NEXT

How strong are your **negative emotions** at the moment?
Select the point on the scale below.



NEXT

How strong are your **positive emotions** at the moment?



NEXT

How much **distance** to the scene, observed in the picture,
do you keep?



NEXT

In a moment you will see a picture.

Please watch it until it disappears.

NEXT



... (8 trials)

- *Closure*

Thank you!

In the end, you will see 9 positive pictures.
Just watch it; there's no need to do anything else.

Each picture will be displayed for 8 seconds.

Click "next" to continue:

NEXT

In a moment you will see a picture.


Please watch it until it disappears.

NEXT

POSITIVE PICTURE

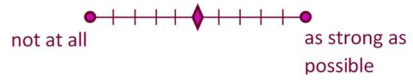
*selected from the IAPS database
as highly pleasant (ratings 7–9),
e.g., beautiful nature scenes, little bear cub lying on
its mother's back, elderly women laughing and
playing with parrots, toddler enjoying watermelon*

How strong are your **negative emotions** at the moment?
Select the point on the scale below.

not at all  as strong as possible

NEXT

How strong are your **positive emotions** at the moment?



NEXT

In a moment you will see a picture.

Please watch it until it disappears.

NEXT

POSITIVE PICTURE

... (9 slides)