

Supplement 1

Sample Stress, Favorite Food Cue, and Neutral Imagery Scripts

Stress:

Its 6:00 on an October evening. You've just come home from the city. You see Monique* sitting on the couch, watching TV. Your heart beats faster. You look at her face and feel disgusted. You tense the muscles in your face and forehead. "What am I gonna say to her?" you think. You don't even want to be there. You clench your fists. You feel like you just have to get this over with. "I can't take this anymore, you say to her, "I think its time you looked for an apartment." Your palms feel sweaty. You see her face look sad and then mad. Your stomach is in a knot. You can't stand to even look at her. Your heart pounds. You have been staying out all night so you don't have to see her. This has to end. You tense the muscles in your neck and shoulders. "I don't wanna be here if you don't want me to be here," she says. You grit your teeth. You can't understand why she can't pay the \$300 for her half of the bills. She has a job- why can't she help you out? It's like she is a kid and you have to be the parent. The thoughts are racing through your head. You want to scream or hit some one. You're just spendin', spendin', spendin' and she's free loading. You tense the muscles all over your body. You are so pissed off at her. Your head is pounding. Maybe she's not paying the bills because she's saving up to leave me, you think. Has she been using me all this time? You start getting worried. You feel hot all over. How could you have thought she might even be your future wife? You feel choked up. After all this time, she doesn't even care about what you think. You feel betrayed and alone. Monique says, okay, I guess you are right. She doesn't even try to make it right with you. You feel like crying. It's really over now. How could she do this to you? Tears come to your eyes. You feel empty, drained, and hollow. There is a deep intense pain sensation inside you. You just want to get away, away from her and all these awful feelings inside you. It hurts to be alive.

Favorite Food Cue:

It is a warm Spring evening in May. You just got home from school and are hanging out with David. You think about eating sundaes from Ashley's and watching 90210. Your heart skips a beat. "Want to get sundaes from Ashley's?" you ask David. "Yes!" he says. Your heart quickens. You think about what kind of ice cream you want. They have so many good flavors there. There are butterflies in your stomach. You and David get in the car and you drive to Ashley's. Something chocolate would be really good right now. Your mouth waters. You walk into Ashley's. It is crowded. Your eyes scan the selection of ice cream as you wait. You tense the muscles in your face and forehead. You see a chocolate raspberry flavor. You've never had that before. Your heart quickens. "That sounds really good," you think. You feel a sense of excitement inside of you. You listen as David orders his mint chocolate chip. Mint chocolate chip sounds really good, too! Your heart beats faster. Now it is your turn to order. You want one of everything! You order mint chocolate chip and chocolate raspberry with peanut butter on top and snow caps. There are butterflies in your stomach. You watch as the server scoops in the ice cream, then pours on the peanut butter topping and snow caps. It looks so good. You haven't had snow caps in so long. You think about the sweet chocolate taste. Now your mouth is really watering. You pay and take the bag of sundaes. You hurry home, eager to try your ice cream. You walk into your house and put the bag in the freezer. You go into the living room and turn on the TV.

You get the show ready. You look up and see David coming in the living room with the sundaes. Your heart beats faster. He hands you your sundae. You take the lid off the cup and look at the chocolate raspberry and mint chocolate chip ice cream and all the peanut butter and snow caps toppings. Your mouth waters. You scoop up a big bite, aiming to get a little of everything into the spoon. You raise the spoon to your lips. You take a big bite, tasting the mint, chocolate raspberry, peanut butter, and snow caps. It tastes so good. You are ready for another bite. Before you know it, you scoop up another big spoonful and bring it to your lips.

Neutral/Relaxing:

It is 11am on a cool Spring morning. You are walking on Neck Road in Clinton. You breathe in deeply as you walk. The area is calm. You feel a general sense of release as you slowly exhale. You walk slowly down the road, listening to the soft crunch of gravel below your feet. You look up and take in the large colonial houses along the road. Your eyes scan the houses, noticing all the different colors - white, grey, yellow and blue. Your eyes follow the landscaping, noticing the green grass and plants in front of each home. You come upon a creek running in between two properties. You pause for a moment. You listen to the rhythmic sound of water running through the creek. You take in a deep breath. You look up to the sky, stretching the muscles in your neck and shoulders. Your eyes follow the tree branches into the sky. You notice the different patterns the branches make against the blue sky. You watch as a few fluffy white clouds move across the sky, in and out of the trees. You smile and look back down at the road. You begin to walk again. A soft gentle breeze blows across your face and body. The wind feels nice against your neck and face. You take a few deep breaths. You feel a sense of lightness, buoyancy, and upsurge of your body. As you continue to walk, you reach your arms out in front of you and stretch the muscles in your shoulders and back. You feel your muscles becoming more and more relaxed. You feel comfortable and at ease. You feel a release of tension in your whole body. Your heart beats slower. Your breathing slows down and all your worry thoughts seem to fade away. You wish you could stay on this walk and enjoy this feeling forever. You want to hold time and capture this moment. A feeling of peace comes over you.

*Note: Names and identifying information have been changed throughout the scripts to protect participant confidentiality.