

## Supplemental Material

Encoded items by item type:

Stress-relevant items:

carefree  
romantic  
honest  
arrogant  
neurotic  
anxious  
shy  
clumsy  
modest  
selfish  
insecure  
skeptical  
unfaithful  
joyful  
confident  
thoughtful  
intimate  
humble  
controlling  
timid  
curious  
nonchalant  
indifferent  
nervous

Stress-irrelevant items:

gentle  
disgusted  
stupid  
tense  
satisfied  
criminal  
handsome  
smooth  
noisy  
dirty  
regretful  
nude  
muddy  
rough  
ugly  
lively  
innocent  
sinful  
naked  
displeased  
leisurely  
absurd  
tender  
astonished

Stress-relevant words were personality-related words, as the stressor required participants to give a speech on their personality. Stress-irrelevant words were words that could be used to describe someone, but in a way that is unrelated to personality *per se*. Words were counterbalanced, such that for half of the participants, the first twelve words from each item type were presented in List 1 and the second twelve words from each item type were in List 2, and the other half of the participants saw the words in the opposite lists.