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Life Recollections and Personality

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Abstract

Previous research has found that social regrets are the most frequent and intense regrets that we tend to experience and that they impact our sense of belongingness. The present study investigated how social regrets impact motivation and if personality traits such as extraversion and dispositions such as self-esteem and self-efficacy act as moderators of the relationship between social regrets and motivation. 159 participants were randomly assigned to provide either high social impact regret or low social impact regrets or to describe an event factually(control condition), and completed measures of self-esteem, self-efficacy, motivation and extraversion. Results indicated that individuals who provided higher social impact regrets had higher extrinsic motivation than those in other conditions. However, it was those in the control condition who had the highest level of motivational drive and no significant interaction effects were found. Implications and potential future research are discussed.

Life Recollections and Personality

People often look back at their past experiences and wish they had done something different. Regrets are something that everyone has experienced at some point in their life, regardless of the person's age, gender or ethnicity. Regret can be defined as a negative emotion that occurs on the realization that a different past behaviour might have yielded a better outcome than what actually transpired (Zeelenberg & Pieters, 2007). Regrets are pervasive in daily life, Shimanoff (1984) stated that regrets are the second most frequently reported emotion after love. Regrets often result in self-blame for an undesired event and it has been found that individuals who overly reminisce on their regrets report lower life satisfaction and distress (Schwartz, Ward, Monterosso, Lyubormirsky, White & Lehman, 2002). Despite, the common view that regrets are undesirable, as they are often associated with negative emotions, regrets don't necessarily need to be a bad thing. Much research has supported the idea that regrets lead to adverse effects when experiencing them and/or recalling them; however, more recently, focus has shifted to a more positive view, acknowledging the value gained from experiencing regrets in that they can motivate us to improve our behaviours (see Epstude & Roese, 2008 and Pieters & Zeelenberg, 2007 for reviews).

Recent findings have suggested that individuals recognize that regrets can bring psychological benefits in terms of self-improvement (Saffrey, Summerville, & Roese, 2008). However, there are many kinds of regrets that people can experience in different stages of their lives that have different consequences. For instance, there are social regrets that involve friends and/or family, such as the person wishing they had told a loved one something before they passed away or wishing they had acted in a different way around a person. Moreover, regrets can be work or education related, such as wishing they had worked harder towards a promotion or

had studied harder for an exam. Recent research has shown that social regrets are the most common and intense regrets we tend to experience (Morrison, Epstude & Roese, 2012; Morrison & Roese, 2011). As regrets are very common in people's lives it is important to understand their relationships with different personality traits and dispositions that people possess that are affected the most by regrets. This is important because not a lot of research to date has investigated these effects, resulting in a lack of knowledge of how people with different personality traits and dispositions can be affected by only certain regrets. Perhaps some individuals are more likely to benefit from regrets whereas for others regrets contribute to more negative than positive effects. For these reason, the present research will examine how social regrets impact individual's motivation, and how it is moderated by individual dispositions.

Regrets and Need to belong

As human beings, we have an innate drive to feel included and part of something. The belongingness hypothesis suggests that human beings have a pervasive drive to form and maintain at least a minimum quality of lasting, positive and significant interpersonal relationships (Baumeister & Leary, 1995). Moreover, people's need to belong is crucial to many aspects of human functioning, and a lack of belongingness can endanger people both physically and psychologically, leading to an adverse effect on a person's well-being. For example, a lack of belongingness can cause strong negative emotions such as unhappiness and anger. Furthermore, it can also have an adverse effect on mental health, as it has been found to be associated with depression and anxiety (Baumeister & Leary, 1995). Physical implications have also been seen to result from having a perceived lack of belongingness, as there has been a direct link to effects of the immune system and elevated cortisol levels (Baumeister & Leary, 1995).

In support for the belongingness hypothesis, a study by Pillow, Malone and Hale (2015),

found that lack of belongingness was associated with a negative self-view, negative working

models of relationships, worry and anxiety and an overall negative affect on well-being. These

findings provide evidence on the powerful negative influence a lack of sense of belongingness

can have on an individual. Consistent with this, regrets that threaten one's need to belong tend to

be the most intense, but this intensity also has the potential to feed motivation (Morrison,

Epstude, & Roese, 2012).

Regret Regulation Theory and Social Regrets

Regret regulation theory can help explain why people experiencing or reliving a regret

would feel more motivated than people not experiencing regret. This perspective holds that a

regret is an aversive, cognitive emotion that people are motivated to regulate in order to

maximize outcomes in the short term and learn maximizing them in the long run (Zeelenberg &

Pieters, 2007). Furthermore, it suggests that the intensity of the regret is dependent on how

important the decision was to the individual and the likelihood of changing the outcome that

resulted from the regretted decision (Pieters & Zeelenberg, 2007).

In addition, research has found that the most common types of regrets are those involving

romance and family (Morrison & Roese, 2011). Other research suggests that social regrets that

involve family and friends are the most intense regrets and that regret intensity is mediated by

the extent to which the regret threatens one's sense of belongingness (Morrison, Epstude &

Roese, 2012). These findings can be explained by the belongingness hypothesis that states that

individual have a human drive to create and maintain interpersonal relationships (Baumeister &

Leary, 1995). Prior research indicates that regrets can serve as a powerful motivator to take

corrective action for past experiences that went awry (for a review see Epstude & Roese, 2008).

Therefore, this supports the idea that with social regrets being the most intense regrets of all, they

can have a major impact on an individual's behaviour. In terms of regrets motivating corrective action, work by Saffrey and colleagues (2008), concluded that although regrets were seen as a negative emotion, they usually have a positive aspect to them and are viewed in positive way. That is, it was concluded that regrets were associated with making sense of past experiences and attaining insight of self. Importantly, it was found to facilitate approach behaviour.

Consistent with the findings of Saffrey and colleagues (2008), a study by Smallman and Roese (2009), has found that upward counterfactuals (thinking about how an event could have turned out differently) are can facilitate changing intentions and improving performance. This study found that having upward counterfactual thoughts can influence relevant behaviour; however, it was also concluded that considering alternatives can induce unrelated behaviour change. Therefore, a counterfactual in one aspect of an individual's life such as work can in turn result in different behaviour in another aspect such as their romantic relationship, suggesting that a problem could activate counterfactual thinking, which can in turn lead to change in intentions.

Moreover, another study concluded that significant others could stimulate goals in a person, regardless of whether the goal was something the person wanted for themselves or it was a goal the significant other wanted for the person (Morrison, Wheeler & Smeesters, 2007). Results revealed that individuals are more likely to achieve goals that a significant other wanted for them, than goals they had for themselves. Furthermore, it was found that significant others had the ability to change and direct the person's behaviour. Notably, it was concluded that individuals who scored high in the need to belong were more likely to pursue goals that significant others had for them, regardless if they held the goal for themselves. These findings can help explain why social regrets that threaten the person's need to belong can influence motivation, as it shown that significant others have a high influence on behaviour.

Therefore, there seems to be a connection between past experience and future outcomes, as people are able to learn from their experiences and strive to achieve a more desirable outcome in the future.

Motivation and Personality Traits and Dispositions

Other research has examined motivation and self-esteem, such as, a study by Murphy and Roopchand (2003) that used a student sample to investigate the relationship between intrinsic motivation towards learning and self-esteem, in mature and traditional students. It was concluded that there was a positive significant relationship between intrinsic motivation and self-esteem for mature students. In support, another study by Bye, Pushkar and Conway (2007), used a younger student sample (21 years and under) and an older student sample (28 and older). Similar results were found and it was concluded that older students had higher motivation overall, especially in intrinsic motivation. This can suggest that older students might have regretted not attending university when they were younger or not finishing their studies earlier, which in turn increased their motivation (Bye, Pushkar & Conway, 2007).

On the same notes, a study by Chen, Hua and Luo (2007), found that self-esteem positively correlated with intrinsic motivation preference in university students, and self-efficacy was positively correlated with both intrinsic and extrinsic motivation, further lending support to the idea that self-esteem and self-efficacy are dispositions that have an effect on motivation. This suggests that if we have a regretted experience involving others we would be more likely to change their behaviour in the future, but that the degree to which they might occur may be affected by levels of self-esteem and self-efficacy.

With regard to personality traits, in a study by Fleeson, Malanos and Achille (2002), the researchers found that extraversion and positive affect are positively related, and this relationship

can be associated with the person's internal state and psychological functioning. This study found that regardless if the person was actually an extravert or acted extroverted, they had higher positive affect than those who were/acted more introverted. These findings suggest that social interactions increase positive affect. Furthermore, the belongingness hypothesis was supported in the study, as participants reported experiencing negative affect when excluded. Thus, extraverts appear to have an event stronger desire for positive social contact – negative regretted social experiences therefore could be particularly impactful for these individuals. Research thus points to the idea that the dispositions can act as moderators of the relationship that has been previously found between social regrets and motivation.

 Dispositions: Self-esteem and Personality and Social Regrets

Although there has been numerous studies demonstrating the relationship between motivation and personality traits and dispositions, it is important to understand if certain social regrets are experienced differently, depending on certain dispositions. A study looked at regrets regarding a medical procedure and its relationship with self-efficacy (Zhong, Bagher, O'Neill, Beber, Hofer & Metcalfe, 2013). It was concluded that individuals who had lower self-efficacy were more likely to be dissatisfied with the information provided about the medical procedure and suffered more regret over their decision. Moreover, research has also looked at the effect of self-esteem on regrets. One study explored the impact of self-esteem on regret intensity on controllable and uncontrollable experiences (Wilkinson, Ball, & Alford, 2015). Results showed that individuals low in self-esteem reported higher regret intensity than individuals with low self-esteem for controllable experiences. These studies support the idea that regrets, and their impact, can be influenced by people's dispositions.

Research Questions and Hypothesis

Regret regulation theory and the belongingness hypothesis and research supporting these perspectives, illustrate how social regrets have the potential to initiate motivation in people. However, to date, no studies have examined if experimental manipulations of social versus non-social regrets directly impact motivation or if personality traits such as extraversion and dispositions such as self-esteem and self-efficacy act as moderators of the relationship between regrets and motivation. For these reasons, the present study will investigate whether recalling a high impact social regret can affect one's motivation compared to a low social impact regret or a factual event description.

It is hypothesized that individuals in the high social impact regret condition will be higher in momentary motivation, tested through measures of overall motivational drive and intrinsic and extrinsic motivation. Moreover, given research has shown that highly extraverted individuals are more affected by social experiences that do not go well (Fleeson et al., 2002), it is hypothesized that the effects of high social impact regret on momentary motivation will be higher if individuals are high in extraversion. Furthermore, the present study will also be investigating whether self-esteem and self-efficacy have a moderating effect on the relationship.

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Methods

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Participants

The participants were 159 Canadian and American individuals ranging from 19-74 years of age ($M= 36.28$, $SD= 12.43$). Participants were recruited through M-Turk, and received 50-cent compensation for completing the survey. Participants were randomly assigned to one of the three conditions of the study using a randomizer tool on Qualtrics. There was no specific demographic data, such as social economic status, ethnicity that was applicable to this study.

Material

At the beginning of the study, participants were asked to provide demographic information, including their age and gender (refer to Appendix A). Participants then were randomly assigned and asked to answer one of the three conditions, high social impact regret (Please describe a regretted experience from your life that involved another person (or people) besides yourself.), low social impact regret (Please describe a regretted experience from your life that involved you, but not other individuals) or the control condition (Please describe an important experience/event in your life.) (refer to Appendix B).

Rosenberg Self-esteem Scale. The 10-item Rosenberg Self-Esteem Scale by Rosenberg (1965) was administered to assess the level of self-esteem of each participant (refer to Appendix C). Participants responded on a 4-point scale, which ranges from 4 (Strongly Agree) to 1 (Strongly Disagree). Furthermore, the scale contained five positive worded questions, for example, "On the whole, I am satisfied with myself.". Moreover, five negatively worded questions are included (Questions: 2,5,6,8,9), for example, "At times I think I am no good at all.". Once negatively worded questions were reversed, scores were averaged; high scores represent high self-esteem. It is reported that the test-retest reliability for the Rosenberg self-esteem scale is 0.88, as well as, it demonstrates concurrent, predictive and construct validity (Skues et al, 2012). In the current study, reliability was strong (α = .94).

The General Self-Efficacy Scale. This scale by Schwarzer and Jerusalem (Scholz, Schwarzer & Luszczynska, 2005) was administered to assess self-efficacy in the participants (refer to Appendix D). The scale consists of 10-items, in which participants answered on a 4-point scale ranging from 1 (Not at all true) to 4 (Exactly true). The scale consisted of all positive worded questions, such as, "I can always manage to solve difficult problems if I try hard

enough". The scores were all added up, scores ranging from 10 to 40 points; higher scores mean

higher self-efficacy in the participant. The general Self-Efficacy Scale has demonstrated high

reliability, stability and construct validity (Scholz, Schwarzer & Luszczynska, 2005). In the

current study, reliability was strong (α = .91).

   Motivational Drive.   Participant's drive to achieve their goal was measured through the

drive subscale for the Behavioural Inhibition System/Behavioral Approach System (BIS/BAS)

(Carver & White, 1994) (refer to Appendix E). Participants were asked to rate how much the

statement corresponds to them using a scale that ranges from 1 (very true of me) to 4 (very false

of me). The drive subscale used in the present study includes 4 items "I will go out of my way to

get the things I want", "when I want something I will usually go all-out to get it", "if I see a

chance to get something I want, I will move on it right away" and "when I go after something I

will use a 'no holds barred' approach." These items were slightly modified from the original

items in order to measure future intentions as opposed to general tendencies. The drive subscale

has shown acceptable reliability of above .70 in diverse samples (Leone, Perugini, Bagozzi,

Pierro, & Mannetti, 2001; Poythress et al., 2008; Smits & De Boeck, 2006). In the current study,

reliability was strong (α = .92).

   Global Motivation Scale. Motivation was measured by using the Global Motivation

Scale (Guay, Mageau & Vallerand, 2003) (refer to Appendix F). The scale is made up for 28-

items, participants were asked to use a 7-point rating scale, ranging from 1 (Does not correspond

accordingly) to 7 (Corresponds completely). The statements included, "In general, I do things in

order to feel pleasant emotions." and "In general, I do things for the pleasure I feel mastering

what I am doing.". This scale had acceptable internal consistency in previous research (Guay,

Mageau & Vallerand, 2003). In the present study, the scale was scored by the average of 12

intrinsic motivation items (α = .79). and 12 extrinsic items (α = .93), each of which has acceptable reliability, while the 4 items measuring amotivation were not utilized.

Extraversion Scale. To measure extraversion, the 8-item subscale from The Big Five Inventory will be used (John & Srivastava, 1999) (refer to Appendix G). Participants used a 5-point scale to rate the extent that they felt each item described them, ranging from 1 (disagree strongly) to 5 (Agree strongly). Extraversion was measured by the average of eight items, with three being reverse-scored (questions 2,5,7). An example of an item measuring extraversion is "I see myself as someone who is talkative". The extraversion subscale had acceptable reliability, α = 0.86 (John & Srivastava, 1999). In the current study, reliability was strong (α = .90).

Procedure

Participants using M-Turk were recruited online, where they received 50 cents as compensation for participating in the survey. Participants logged on their M- Turk accounts in order to access the survey, which took less than 30 minutes to complete. After reading the Letter of Information and providing informed consent, participant then started the survey. Participants first provided demographics information (i.e., age and gender). Participants then were randomly assigned to one of three conditions, high social impact regret, low social impact regret or the control condition. Finally, participants were directed to complete the Rosenberg Self-Esteem Scale, The General Self-Efficacy Scale, Motivational Drive subscale, Global Motivation Scale and the Extraversion subscale. After completing the scale, participants were thanked for their participation and debriefed. M-Turk participants received a hit code in order to receive their compensation.

Design

The present study used a between subject design, where the independent variable was social impact and the dependent variable was motivation. Participants were randomly assigned to

one of three conditions, high social impact regret, low social impact regret or the control

condition. The present study measured whether social regrets that threatened the individual's

need to belong, that is, a regret that involved other people would increase the individual's

motivation. The present research examined if extraversion acts as a moderator of the relationship

between social regret and motivation. Moreover, self-esteem and self-efficacy were investigated

to determine if they moderated the relationship.

Results

Reliability analyses were conducted on all 5 scales. A Cronbach's Alpha of .94 was

found for the Rosenberg Self-Esteem scale, which consisted of 10 items. The General Self-

Efficacy Scale resulted in a Cronbach's Alpha of .91, which consisted of 10 items. A reliability

analysis was only conducted on three items for the Motivational Drive scale because of survey

error the fourth item was not presented to the participants. However, a Cronbach's Alpha of .92

was found for the three Motivational Drive Scale items. Furthermore, after conducting a

reliability analysis on the Global Motivation Scale, a 24-item scale that was divided into

subscale, it was found to have a Cronbach's Alpha of .93 for intrinsic motivation and a

Cronbach's Alpha of .79 for extrinsic motivation. Lastly, a Cronbach's Alpha of .90 was found

for the Extraversion subscale.

Intrinsic Motivation. Participant's intrinsic motivation was measured by using a one-

way between-subject ANOVA based on conditions (high social impact, low social impact and

control). There were no significant differences in intrinsic motivation, though the difference

between high and low social impact regrets was approaching significance (High: $M = 5.22$, $SD =$

.70, Low: $M = 4.82$, $SD = 1.18$, Control: $M = 5.17$, $SD = .98$), $F(2,151) = 2.50$, $p = .09$.

Extrinsic Motivation. Participants who were in the high social impact regret

significantly differed from low and control for extrinsic motivation (High: $M = 4.65$, $SD = .71$,

Low: $M = 4.23$, $SD = 1.08$, Control: $M = 4.34$, $SD = .75$), $F(2, 150) = 3.27$, $p = .041$, in support
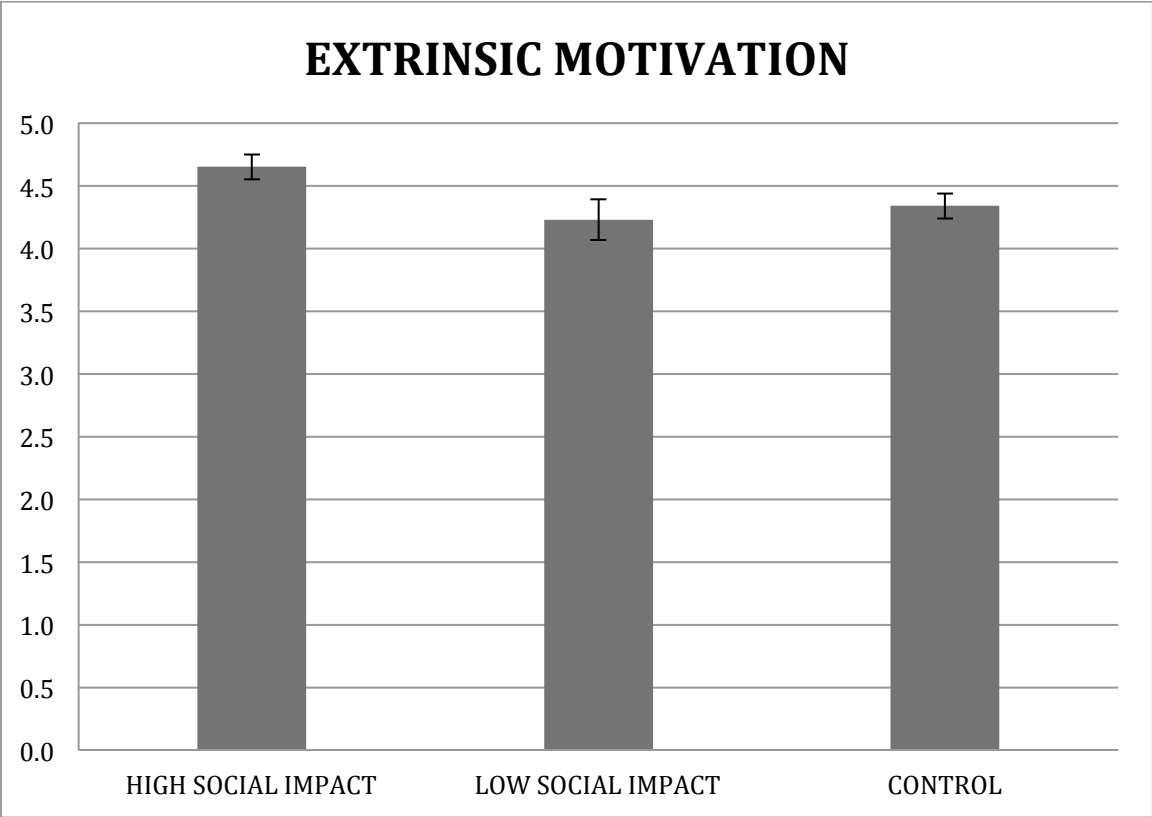
of the primary hypothesis (see Figure 1)**.**

Figure 1. Extrinsic motivation for the participants in the high social impact regret condition, low

social impact regrets condition and the control condition.

Motivational Drive. Participant's motivational drive was also analyzed by using a one-way between-subject ANOVA. The relationship was in the opposite direction of what was predicted for motivational drive (High: $M = 2.71$, $SD = .82$, Low: $M = 2.76$, $SD = .82$, Control: $M = 3.08$, $SD = .77$), $F(2,155) = 3.45$, $p = .03$. That is, individuals in the control condition had higher motivation than individuals in the high social impact regret condition.

Gender. A two-way ANOVA was conducted to test the interaction of gender and social impact regret. No significant difference was found between the conditions.

Self-esteem, self-efficacy and extraversion. Regression analyses were conducted to explore the interaction effects for self-esteem, self-efficacy and extraversion. However, no significant moderating effects were found.

Discussion

The present study examined whether social regrets that involved other people increased people's motivation. In addition, the present study was exploring if extraversion, self-esteem and self-efficacy had a moderating effect on the relationship. In support of the primary hypothesis, the results showed that those who generated a high social impact regret had the highest levels of extrinsic motivation. However, contrary to the primary hypothesis, there were no significant differences for intrinsic motivation and it was the control group who had the highest level of motivational drive. Also contrary to expectations, the relationships between regrets and the measures of motivation were not moderated by extraversion, self-esteem or self-efficacy.

The relationship found between high social impact regrets and extrinsic motivation is noteworthy. Specifically, individuals who had a regretted experience that involved other people scored significantly higher in extrinsic motivation than those who provided a low social impact

regret or those in the control condition who provided a factual event description. This significant

finding fits appropriately with prior research as this would support evidence that individuals who

feel a lack of belongingness would be motivationally driven to please other people (Baumeister

& Leary, 1995). Similar findings were found in a study by Morrison, Wheeler and Smeesters

(2007), that concluded that individuals who score high in need to belong were more likely to

pursue goals that other people had for them, rather than they goals they had for themselves,

which can be related again to extrinsic motivation to please people. Furthermore, extrinsic

motivation is based on external reward, often associated with other people. In all, it is further

support that regrets that threaten people's need to belong are the most intense and can also

motivate improvement (Morrison, Epstude & Roese, 2012).

In the present study we also hypothesized that high social impact regret would increase

intrinsic motivation, however, our findings were not consistent with this hypothesis. That is, high

social impact regret did not differ from the other conditions; this may have been due to the

possibility that other conditions (low/ control) may yet still tap into threats to belongingness.

Therefore, describing a regret or an important life experience did not have an effect on how

motivated the person would be to gain internal reward. These findings do raise the possibility

that perhaps the drive for improvement from regrets is based more on external factors than one's

internal drives desires, and/or wants, at least when it comes to social regrets.

With respect to motivational drive, our hypothesis that people in the high social impact

regret would have greater motivation was not supported by our results. It was actually found that

those individuals in the control group had the highest motivational drive. This relationship was in

the opposite direction of what was predicted for motivational drive. Also, this finding challenges

Regret Regulation Theory that suggests that individuals experiencing any type of regret would be

more motivated than those not experiencing regret, in this case, the control group (Zeelenberg &
Pieters, 2007). This finding may be due to a survey error, where only three out of the four items
on the scale were shown. Another possibility is that people actually need to reflect on how they
could have done better to significantly influence motivational drive, since they were asked to
describe a regret, but not specifically reflect on how the regretted experience could have turned
out better. Several studies have shown the importance of generating direct upward counterfactual
thoughts on how things could have gone better in order to facilitate intentions (Epstude & Roese,
2011; Roese, 1994; Smallman & Roese, 2009). It is also possible that those in the control
condition who reflected on an important life event did in fact think about how that event could
have gone differently or described social experiences. However, it also raises the possibility
social regrets only impact certain forms of motivation and may not increase motivational drive in
a larger broader sense.

The present study hypothesized that personality traits and dispositions such as,
extraversion, self-esteem and self-efficacy would have a moderating effect on the relationship
between social regrets and motivation. However, our research failed to show this effect. It is
interesting that neither extraversion, self-esteem or self-efficacy moderated the relationship
between social regret and extrinsic motivation, as it has been found that extraversion and self-
efficacy are positively associated with extrinsic motivation for individuals with strong social
needs (Komarraju, Karau & Schmeck, 2009, McGeown, Putwain, Geijer Simpson, Boffey,
Markham & Vince, 2014). Further research may need to explore this further.

Implications, Future Directions and Limitations

The present study has relevant implications for our understanding of motivation and

behaviour. The results shed light on how some types of regrets can influence some types of motivation but not others. Findings in this study suggest that high social impact regrets, that is, regrets that involve other people only have an effect on extrinsic motivation. This furthers our understanding of the links regrets of a social nature have to our motivations and desires. This findings point to the possibility that if one is trying to get individuals to engage in behaviours and activities for the benefit of others, having them think of past social experiences that went awry could increase their motivation to do things to please others and/or gain external rewards.

However, it is possible that to impact others forms of motivation, people actually need to more directly reflect on how they could have done better to significantly to influence intrinsic motivation and motivational drive, since future intention was not assessed. It could also be that only the most intense regrets facilitate certain forms of motivation, necessitating examining regrets of a social that varied in intensity. As for the moderating effects of personality traits and dispositions it is possible that extraversion, self-esteem and self-efficacy do not moderate the relationship between thinking about social regrets and motivation, however, it would be interesting to find if other personality traits or dispositions do have an effect or if guide individuals to focus more on how they could have done better would lead to different results. The present research could also motivate subsequent research looking at the long-term effects of social regrets or upward counterfactuals about social experiences, that is, if individuals reflect on a more regular basis on how social experiences could have turned out better or worse, what impact does this have on motivation, intentions and social behaviour and exploring how this further relates to threats to the need to belong and individual dispositions.

Notwithstanding the implications, this research does however, have some limitations. First, our study had a relatively small sample size, which could have made it difficult to find

significantly different results between each condition. Second, the present study failed to conduct a manipulation check to investigate if the high social impact regret significantly tapped into threats to belongingness. Third, individuals in the control condition were asked to describe an important life experience, but this could have actually led some to focus on regretted experiences as they were not expressly asked not to. Another limitation of our study was that there was a very large age range; this could have affected the results, as there might exist an effect in certain age groups more than others. The utilization of behavioural measures to further measure the link between social regrets and intentions and behaviour would be beneficial.

Overall, the present study helped shed light on possible types of regrets that affect certain types of motivations. It was concluded that people who have regrets that involve other people score higher on extrinsic motivation. Although, high social impact regrets did not significantly influence intrinsic motivation or motivational drive, the present study can lead future research to further explore the relationships between social regrets, intentions, behaviour, and moderating influences. Even though, there was no moderating effects of extraversion, self-esteem and self-efficacy, the present study add knowledge to the small area of research investigating how personality traits and dispositions could effect the relationship previously found between regrets and motivation (Morrison, Epstude & Roese, 2012). In all, the present study shows, social regrets can have an impact on our motivation, but it appears to be most potent in impacting our desires to please others over and above pleasing ourselves.

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Appendix A

Demographic Variables

What is Your Age:

What is Your Gender:

Appendix B

High Versus Low Social Impact Regrets

High Social Impact:

"Please describe a regretted experience from your life that involved another person (or people) besides yourself."

Low Social Impact:

"Please describe a regretted experience from your life that involved you, but not other individuals."

Control Condition:

"Please describe an important experience/ event in your life."

Appendix C

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself.
Strongly Agree   Agree   Disagree   Strongly Disagree

2. At times I think I am no good at all. (R)
Strongly Agree   Agree   Disagree   Strongly Disagree

3. I feel that I have a number of good qualities.
Strongly Agree   Agree   Disagree   Strongly Disagree

4. I am able to do things as well as most other people.
Strongly Agree   Agree   Disagree   Strongly Disagree

5. I feel I do not have much to be proud of. (R)
Strongly Agree   Agree   Disagree   Strongly Disagree

6. I certainly feel useless at times. (R)
Strongly Agree   Agree   Disagree   Strongly Disagree

7. I feel that I'm a person of worth, at least on an equal plane with others.
Strongly Agree   Agree   Disagree   Strongly Disagree

8. I wish I could have more respect for myself. (R)
Strongly Agree   Agree   Disagree   Strongly Disagree

9. All in all, I am inclined to feel that I am a failure. (R)
 Strongly Agree   Agree   Disagree   Strongly Disagree

10. I take a positive attitude toward myself.
Strongly Agree   Agree   Disagree   Strongly Disagree

Legend: (R) indicates reversed questions.

Rosenberg, M. (1965). Rosenberg self-esteem scale (RSE). *Acceptance and commitment*

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Appendix D

Rating Scale:
1 = Not at all true   2 = Hardly true   3 = Moderately true   4 = Exactly true

Items:
1. I can always manage to solve difficult problems if I try hard enough.
2. If someone opposes me, I can find the means and ways to get what I want.
3. It is easy for me to stick to my aims and accomplish my goals.
4. I am confident that I could deal efficiently with unexpected events.
5. Thanks to my resourcefulness, I know how to handle unforeseen situations.
6. I can solve most problems if I invest the necessary effort.
7. I can remain calm when facing difficulties because I can rely on my coping abilities.
8. When I am confronted with a problem, I can usually find several solutions.
9. If I am in trouble, I can usually think of a solution.
10. I can usually handle whatever comes my way.

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Appendix E

Indicate to what extent each of the following statements corresponds generally to the reasons why you do different things.

Does not correspond accordingly		Corresponds moderately				Corresponds completely
1	2	3	4	5	6	7

IN GENERAL, I DO THINGS . . .

1. ... in order to feel pleasant emotions.   1   2   3   4   5   6   7

2. ... because I do not want to disappoint certain people.   1   2   3   4   5   6   7

3. ... in order to help myself become the person I aim to be.   1   2   3   4   5   6   7

4. ... because I like making interesting discoveries.   1   2   3   4   5   6   7

5. ... because I would beat myself up for not doing them.   1   2   3   4   5   6   7

6. ... because of the pleasure I feel as I become more and more skilled.1   2   3   4   5   6   7

7. ... although I do not see the benefit in what I am doing.   1   2   3   4   5   6   7

8. ... because of the sense of well-being I feel while I am doing them.1   2   3   4   5   6   7

9. ... because I want to be viewed more positively by certain people.1   2   3   4   5   6   7

10. ... because I chose them as means to attain my objectives.   1   2   3   4   5   6   7

11. ... for the pleasure of acquiring new knowledge.   1   2   3   4   5   6   7

12. ... because otherwise I would feel guilty for not doing them.   1   2   3   4   5   6   7

13. ... for the pleasure I feel mastering what I am doing.   1   2   3   4   5   6   7

14. ... although it does not make a difference whether I do them or not.1   2   3   4   5   6   7

15. ... for the pleasant sensations I feel while I am doing them.   1   2   3   4   5   6   7

16. ... in order to show others what I am capable of.   1   2   3   4   5   6   7

17. ... because I chose them in order to attain what I desire.   1   2   3   4   5   6   7

18. ... for the pleasure of learning new, interesting things.   1   2   3   4   5   6   7

19. ... because I force myself to do them.   1   2   3   4   5   6   7

20. ... because of the satisfaction I feel in trying to excel in what I do. 1   2   3   4   5   6   7

21. ... even though I do not have a good reason for doing them.   1   2   3   4   5   6   7

22. ... for the enjoyable feelings I experience.   1   2   3   4   5   6   7

23. ... in order to attain prestige.   1   2   3   4   5   6   7

24. ... because I choose to invest myself in what is important to me. 1   2   3   4   5   6   7

25. ... for the pleasure of learning different interesting facts.   1   2   3   4   5   6   7

26. ... because I would feel bad if I do not do them.   1   2   3   4   5   6   7

27. ... because of the pleasure I feel outdoing myself.   1   2   3   4   5   6   7

28. ... even though I believe they are not worth the trouble.   1   2   3   4   5   6   7

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Appendix F

Below is a series of statements. Please indicate to what extent each of the following statements corresponds

    1 = very true for me
    2 = somewhat true for me
    3 = somewhat false for me
    4 = very false for me

1)   I will go out of my way to get the things I want
      1   2   3   4

2)   When I want something I will usually go all-out to get it
      1   2   3   4

3) When I go after something I will use a 'no holds barred' approach

      1   2   3   4

Appendix G

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please indicate the extent to which you agree or disagree with that statement.

1. I see myself as someone who is talkative

    Disagree strongly   Disagree a little   Neither agree nor disagree   Agree a little   Agree strongly

2. I see myself as someone who is reserved (R)

    Disagree strongly   Disagree a little   Neither agree nor disagree   Agree a little   Agree strongly

3. I see myself as someone who is full of energy

    Disagree strongly   Disagree a little   Neither agree nor disagree   Agree a little   Agree strongly

4. I see myself as someone who generates a lot of enthusiasm

    Disagree strongly   Disagree a little   Neither agree nor disagree   Agree a little   Agree strongly

5. I see myself as someone who tends to be quiet (R)
    Disagree strongly   Disagree a little   Neither agree nor disagree   Agree a little   Agree strongly

6. I see myself as someone who has an assertive personality

    Disagree strongly   Disagree a little   Neither agree nor disagree   Agree a little   Agree strongly

7. I see myself as someone who is sometimes shy, inhibited (R)

    Disagree strongly   Disagree a little   Neither agree nor disagree   Agree a little   Agree strongly

8. I see myself as someone who is outgoing, sociable

    Disagree strongly   Disagree a little   Neither agree nor disagree   Agree a little   Agree strongly

Legend: (R) indicates reversed questions.

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