

**S1 Table. Component Loadings for the initial 76-items of the MAS.**

	Principal Component		
	I	II	III
50. I often look back at my life history to help inform my current emotional state and situation.	<b>.76</b>	.05	-.02
56. I am curious about identifying my emotions.	<b>.73</b>	.03	-.08
60. I try to put effort into identifying my emotions.	<b>.73</b>	.07	-.03
3. I often think about my past experiences to help me understand emotions that I feel in the present.	<b>.73</b>	-.05	-.05
47. I try to understand the complexity of my emotions.	<b>.72</b>	.11	-.05
70. It's important to understand the major life events that have had an impact on my behavior.	<b>.72</b>	.06	-.03
62. Knowing about the childhood experiences of others helps me to understand their emotions.	<b>.71</b>	.17	-.01
67. It is helpful to think about how my emotions stem from family dynamics.	<b>.69</b>	.08	-.05
1. I often think about how the emotions that I feel stem from earlier life experiences (e.g. family dynamics during childhood).	<b>.67</b>	-.16	-.05
27. Knowing about my childhood experiences helps to put my present emotions within a larger context.	<b>.67</b>	.07	-.01
61. I can pinpoint childhood experiences that influence the way that I often think and feel.	<b>.66</b>	.10	.01
43. I try to understand how other people's behavior is influenced by their past history.	<b>.65</b>	.23	.01
51. I am curious about identifying others' emotions.	<b>.65</b>	.17	-.07
8. I am interested in learning about why I feel certain emotions more frequently than others.	<b>.64</b>	-.12	-.12
48. It is important for me to acknowledge my own true feelings.	<b>.64</b>	.18	-.19
66. I can see how prior relationships influence the relationships that I have now.	<b>.64</b>	.18	-.04
64. Thinking about other people's emotional experiences helps me to think about my own.	<b>.61</b>	.13	-.15
41. It helps me to know the reasons behind why I feel the way that I do.	<b>.60</b>	.07	.00
32. I try to understand how the major life events of other people influences how they feel.	<b>.60</b>	.26	.04
17. I can see how prior relationships influence my current emotions.	<b>.60</b>	.11	-.03

23. Understanding my emotional experience is an ongoing process.	<b>.59</b>	-.13	-.06
10. I try to understand the complexity of other people's emotions.	<b>.58</b>	.16	-.06
49. I often figure out where my emotions stem from.	<b>.55</b>	.43	-.08
69. I rarely think about the reasons behind why I am feeling a certain way.	<b>-.54</b>	-.03	.10
42. I am aware of recurrent patterns to my emotions.	<b>.53</b>	.23	-.03
2. I put effort into managing my emotions.	<b>.50</b>	.02	.11
15. I use tools I have learned to help when I am in difficult emotional situations.	<b>.45</b>	.24	.01
68. I am open to other people's view of me because it helps me to better understand myself.	<b>.42</b>	.13	-.04
52. I am open to what others say about me to help me know what I am feeling.	<b>.41</b>	.11	-.01
72. It can help me to know how I feel, if I know how others feel.	.38	-.09	-.04
40. Knowing another's thoughts about me can be helpful to identify my emotions.	.36	-.03	.02
58. I know what environmental triggers will evoke certain emotions in me (such as anger).	.33	.32	.02
16. I can easily predict how I will react to someone based on my previous life history.	.31	.27	.04
14. It's difficult to understand how past life events have influenced my behavior.	-.31	-.30	.02
24. I am often confused about the emotions that I feel.	.15	<b>-.68</b>	.09
55. I am good at distinguishing between different emotions that I feel.	.27	<b>.67</b>	-.01
26. It is hard for me to manage my emotions.	.20	<b>-.66</b>	-.20
74. I can quickly identify my emotions without having to think too much about it.	.09	<b>.65</b>	-.17
21. When I am filled with a negative emotion, I know how to handle it.	-.03	<b>.63</b>	.21
76. I can tell if I am feeling a combination of emotions at the same time.	.34	<b>.61</b>	-.07
75. I am able to understand my emotions within the context of my surroundings.	.28	<b>.60</b>	-.06
22. I often know the reasons why I feel the emotions I do.	.19	<b>.59</b>	-.06
35. I am good at controlling my emotions.	-.13	<b>.58</b>	.44

12. I can express my emotions clearly to others.	.17	<b>.57</b>	-.44
36. When I express my emotions to others, it is usually jumbled.	.04	<b>-.56</b>	.30
38. When I am filled with a positive emotion, I know how to keep the feeling going.	.05	<b>.54</b>	-.06
46. It takes me a while to know how I am really feeling.	.12	<b>-.54</b>	.29
53. People get confused when I try to express my emotions.	.06	<b>-.53</b>	.29
25. I am able to adjust my emotions to be more precise.	.11	<b>.53</b>	.16
13. I am good at understanding other people's complex emotions.	.37	<b>.52</b>	-.17
29. It's easy for me to understand the thoughts and feelings of others.	.34	<b>.52</b>	-.12
28. It is easy for me to notice when I am feeling different emotions at the same time.	.37	<b>.51</b>	-.03
18. I can still think rationally even if my emotions are complex.	.03	<b>.51</b>	.33
39. I am good at controlling emotions that I do not want to feel.	-.13	<b>.50</b>	.31
33. I can easily label "basic emotions" (fear, anger, sadness joy and surprise) that I feel.	.26	<b>.50</b>	-.04
65. I can easily label "basic emotions" that others feel.	.38	<b>.49</b>	-.05
37. It is easy for me to notice when others are feeling different emotions at the same time.	.34	<b>.48</b>	-.03
34. I am good at increasing emotions that I want to feel more.	.12	<b>.48</b>	-.07
9. I am often confused about the emotions that others feel.	-.05	<b>-.48</b>	.21
71. I am not aware of the emotions I'm feeling when in conversation.	-.19	<b>-.46</b>	.19
11. When talking with someone, I am aware of both my emotions and theirs.	.42	<b>.45</b>	-.11
57. If a feeling makes me feel uncomfortable, I can easily get rid of it.	-.19	<b>.45</b>	.23
7. I am aware of the emotions I feel most frequently.	.34	.36	-.17
31. I often keep my emotions inside.	-.04	.16	<b>-.78</b>
45. If I feel something, I prefer not to discuss it with others.	.11	.23	<b>-.73</b>
5. If I feel something, I rather not convey it to others.	.02	.20	<b>-.72</b>
59. I often know what I feel but choose not to reveal it outwardly.	-.07	-.06	<b>-.69</b>
63. If I feel something, I will convey it to others.	-.20	-.24	<b>.65</b>

6. If I feel something, it often comes pouring out of me.	-.19	.16	<b>.61</b>
20. It is hard for me to talk about my complex emotions.	.06	.44	<b>-.59</b>
30. I am able to keep my emotions to myself if the timing to express them isn't right.	-.03	-.37	<b>-.56</b>
19. I am able to wait to act on my emotions.	-.04	-.44	<b>-.51</b>
44. People tell me I am good at expressing my emotions.	-.25	-.46	<b>.50</b>
73. I am more comfortable 'talking around' emotions I am feeling, rather than talking about them directly.	-.03	.21	<b>-.48</b>
54. Sometimes it is good to keep my emotions to myself.	-.10	.06	<b>-.47</b>
4. I am quick to act on my emotions.	-.19	.14	<b>.45</b>
<b>Note:</b> $N = 2,840$ . The largest loading for each item is highlighted in bold.			