*Online Supplemental Material to Accompany:*

**Emotion Regulation Choice: The Role of Environmental Affordances**

**Section A. Study 1 & 2 Stimuli**

**The codes of the IAPS images used in each emotional intensity category in Experiments 1 and 2 are as follows:**

**Low Intensity: 1301, 2278, 2312, 2490, 2691, 2700, 6010, 6190, 6836, 7360, 9102, 9120, 9160, 9440, 9470.**

**High Intensity: 2053, 2800, 3000, 3068, 3140, 3150, 3180, 3230, 3261, 3530, 6831, 9181, 9252, 9410, 9420.**

**Section B. Study 3 Vignettes**

**1) PLA-HI-1** (Participants did not see these labels)

You are sitting next to a co-worker in a meeting room.

You notice that that the ceiling is dripping. There is a very foul smell that is wafting downwards. Your coworker climbs up on the table and pokes at a ceiling panel that looks wet. It crumbles on his touch and a gush of sewage water, feces and urine descend upon him.

You realize that a sewage pipe from the bathroom above must have burst. Your bag-pack is drenched in filth. You feel disgusted. How would you regulate your emotions?

2) **PLA-LI-1**

You are sitting next to a co-worker in a meeting room.

You notice that that the ceiling is dripping. There is a stale smell that is wafting downwards. Your co-worker climbs up on the table and pokes at a ceiling panel that looks wet. It crumbles on his touch and a trickle of sewage water drips onto the table.

You realize that a sewage pipe from the bathroom above must be leaking. The smell in the room is a little nauseating. You feel disgusted. How would you regulate your emotions?

3) **PLA-HI-2**

You are sitting next to a colleague in a meeting room. You’ve just celebrated his retirement party. The room is filled with glasses, plates and overflowing trash baskets. You’re sharing a last drink before heading home.

You take a sip from a glass before you. It tastes absolutely revolting. Instead of sipping from your own glass you’ve taken a sip from a glass that has a cigarette butt, some used chewing gum, and a string of floss (that still has bits of goo) floating in some very muddy liquid.

Instinctively, you want to vomit. You feel disgusted. How would you regulate your emotions?

4) **PLA-LI-2**

You are sitting next to a colleague in a meeting room. You’ve just celebrated his retirement party. The room is filled with glasses, plates and overflowing trash baskets. You’re sharing a last drink before heading home.

You’re about take a sip from a glass before you – but instinctively you look before drinking. This is not your glass at all. This one has a cigarette butt, some used chewing gum, and a string of floss (that still has bits of goo) floating in some very muddy liquid.

You feel disgusted. How would you regulate your emotions?

5) **PHA-HI-1**

You are making an important presentation in the company boardroom. If this presentation goes well, you are likely to be promoted.

You present a slide with crucial data, but the CFO tells you’ve got the numbers completely wrong. Confused, you look at Michael, your co-worker, and truthfully say that you got the numbers from him. Michael acts surprised, “I never gave you those numbers. They don’t even make sense,” he says, shaking his head.

The eyes of the room turn to you. They believe Michael, you can tell. In a flash you realize what happened – Michael misled you hoping you would fail so that he could position himself for the promotion you’re going for.

As you take a sip of water, you know that you have to keep going with the presentation. You feel angry. How would you regulate your emotions?

6) **PHA-LI-1**

You are making an important presentation in the company boardroom. If this presentation goes well, you are likely to be promoted.

You present a slide with crucial data, you realize that the graphics are in black and white and are very hard to read. The CFO says he can’t read the numbers. You look at Michael, your co-worker, who was supposed to have inserted the color graphics. He shrugs and mouths the words, “I forgot,” from the back.

The eyes of the room turn to you. They think you’ve been careless.

As you take a sip of water, you know that you have to keep going with the presentation. You feel angry. How would you regulate your emotions?

7) **PHA-HI-2**

You are playing in the finals of your company’s tennis tournament. You’ve been preparing hard and take great pride in your game. It’s been a tough game. The lead has gone back and forth. You’re now at the tiebreaker of the final set. Every point is crucial, specially this next one.

Your service is strong – not quite an ace but it makes your opponent lunge for the ball. She barely gets there with a dive. Her return is a high lob. You carefully track the ball’s trajectory. To your delight, you see the ball landing just out.

But there’s a big surprise. The umpire – an ex-employee of yours who parted ways acrimoniously – signals that the ball was in. You are shocked. “Are you serious?” you ask him. “That was out.”

He looks at you with a sneer. “A stupid bitch like you deserves nothing good,” he tells you so no one else can hear. You realize he’s trying to find a way to make you lose.

You know you have to keep going with the game. You feel angry. How would you regulate your emotions?

8) **PHA-LI-2**

You are playing in the finals of your company’s tennis tournament. You’ve been preparing hard and take great pride in your game. It’s been a tough game. The lead has gone back and forth. You’re now at the tiebreaker of the final set. Every point is crucial, specially this next one.

Your service is strong – not quite an ace but it makes your opponent lunge for the ball. She barely gets there with a dive. Her return is a high lob. You carefully track the ball’s trajectory. To your delight, you see the ball landing just out.

But there’s a big surprise. The umpire – an ex-employee of yours who parted ways acrimoniously – signals that the ball was in. You are shocked. “Are you serious?” you ask him. “That was out.”

He looks at you confusedly. “I really think it was out,” he tells you. You realize that he’s made an honest mistake.

You know you have to keep going with the game. You feel angry. How would you regulate your emotions?

**Section C. Study 4 Sample Vignette**

**1) PLA-HI-1** (Participants did not see these labels)

You are sitting next to a co-worker in a meeting room.

You notice that that the ceiling is dripping. There is a very foul smell that is wafting downwards. Your coworker climbs up on the table and pokes at a ceiling panel that looks wet. It crumbles on his touch and a gush of sewage water, feces and urine descend upon him.

You realize that a sewage pipe from the bathroom above must have burst. Your bag-pack is drenched in filth. You feel negative emotion. How would you regulate your emotions?