

Establishing the Situated Features Associated with Perceived Stress

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Supplementary Materials (SM)

Materials: Stressful Events

1. You watch a mother slap her child for speaking out in public.
2. Your sibling borrowed your bike, forgot to lock it up, and now it's been stolen.
3. You're working to help pay for school, but your boss fires you because they need someone with more availability.
4. You're late to your summer job a second time, and your boss threatens to fire you.
5. You're late to class and your professor will not open the locked door to let you in.
6. Your boss is away, and decides you must fire a coworker that you get along with well.
7. Your internship boss just scolded you in front of the office for inappropriate work attire.
8. Your internship boss fires you for being late to work too many times.
9. You return home to find your parents converted your bedroom into a guest room without telling you.
10. Your father is in the hospital, but your sibling decides to go on vacation anyway.
11. Your mother refuses to speak to your sibling after the incident.
12. Your parents come to your dorm room and find your roommate left it in complete disarray.
13. You told your parents about the conflict with your best friend's party, but they host the family reunion anyway.
14. Your mother breaks down because you have not been calling them while you are away.
15. Your roommate's significant other sleeps over every night in your tiny one-room dorm room.
16. Your friend asked out a long time crush of yours, even though they knew you were interested.
17. Your significant other announces they've made plans to go to dinner with an ex.
18. The conversation quiets awkwardly as you approach a group of friends.
19. You abhor your friend's significant other, and they just told you they're joining the road trip.
20. You have to tell your parents you failed a class and need to take summer school.
21. You struggle to tell your professor why you cannot attend class anymore.
22. You're the first to be notified of your father's death, and you must now tell relatives.
23. You have to tell your best friend that both their parents passed away in a car accident.
24. Your mother yells at you for not helping more while you're at home over break.
25. Your roommate has left you to clean the toilet again after your most recent party.
26. Your roommate leaves rotting food on the counter, even after many heated requests to clean up.
27. Your mom tells you the basement flooded, and you realize you left your laptop down there.
28. Your roommate accuses you of not cleaning up after yourself in front of your significant other.
29. Your TA accuses you of not trying hard enough even though you put 12hrs into the assignment.
30. Your professor says they did not receive your assignment and gives you a zero.
31. After merely skimming your report, your boss says it's incorrect, and it must be completely redone tonight.
32. You meet with your professor to discuss finishing touches on a project, and they say to start over.
33. Your professor requests a meeting, and they say your work is not at the level it should be.
34. You stay late to finish a project, and you see on facebook your group member went to a party.
35. Your significant other says they're breaking up with you because you hardly make time for them.

36. You're working to help pay for school, but you never have time to finish group assignments.
37. During your group presentation your partner claims they came up with the entire creative idea themselves.
38. You have work to finish before this evening's deadline, but your group member leaves early for a party.
39. During the final exam you realize there is an entire section on a topic your professor didn't cover.
40. Your professor yells at you for not bringing materials they forgot to tell you to bring.
41. You are graded largely on teamwork, but your group member has stopped answering emails.
42. You find out your best friend lied to get out of going to your party.
43. You rush to a 7am group meeting, but realize your friend didn't say it was cancelled.
44. Your professor fails you on an assignment even though the instructions were not clear.
45. Your friend leaves you to pay for an expensive lunch for the second time in a row.
46. Your roommate sold the old fridge on Craig's list without including you in the profits.
47. A stranger bursts out of your apartment, and you realize you've been robbed.
48. While giving a stranger directions, you put down your bag, and when you turn around it's gone.
49. Your parents won't give you more money, and you don't have enough money in your account.
50. You arrive at school to see your roommate has taken the majority of the space for themselves.
51. Your roommate ate all the goodies from your care package while you were away over the weekend.
52. You arrive back from class to see your roommate making fun of some of your work.
53. You overhear a classmate whisper to another that you smell bad.
54. You just tidied your room when your roommate comes back and tracks mud everywhere.
55. Your friend tells you outright they did not like the dinner you cooked for them.
56. Your roommate let a friend sleep in your bed while you were away, and they vomited on the sheets.
57. Your sibling borrowed your car and got in an accident.
58. Your friend borrowed your bike to get to class, but forgot to bring it back.
59. Your roommate takes your car without asking for the 10th time.
60. You come out of the shower to find your roommate and their friend ate all of your pizza.
61. Your friend borrows your expensive textbook and loses it.
62. A friend jokingly grabs you as you bike past causing you to fall violently in front of a crowd.
63. You're on a rollercoaster when the controller announces you'll have to wait as they complete routine maintenance.
64. Your friends insist on going to the one movie you don't want to spend \$12 on.
65. Your professor accuses you of being disrespectful in front of the whole class.
66. Your professor demands you leave class after people were whispering next to you.
67. Your group partner haughtily dismisses your idea for the next class project.
68. Your significant other decides it's time for you both to leave the party without consulting you.
69. Your best friend implies your opinion on the topic is immature and less important.
70. Your significant other makes a condescending remark to you while you are at a friend's party.
71. Your teacher accuses you of being disrespectful for talking during class.
72. Your close friend just told you she's decided to have an abortion.
73. The doctor tells you that you won't feel better for a couple of months.
74. Your parents tell you they won't pay for you to go to your top choice school.
75. Your parents tell you they won't continue to pay for you to go to school given the major you've chosen.
76. Your friend gloats obnoxiously over their midterm grade when they know you didn't do as well.
77. As punishment for rampant cheating, your professor assigns the class 15 page papers due next week.

78. You and your class partner argue over how to format a presentation that's due this afternoon.
79. You go to give your significant other a kiss and they pull away from you.
80. Your significant other accuses you of cheating on them.
81. You notice your significant other missed a call from their ex.
82. You notice your significant other's eyes trail an attractive individual across the room.
83. Instead of coming up to your room after dinner your significant other says they want to go.
84. Your friend confesses that they slept with your significant other.
85. You found clothing that does not belong to you or your significant other scrunched between their bed sheets.
86. You rush to practice after an impromptu late night of partying, and your coach announces there will be drug tests.
87. The university searches your dorm and finds your roommate's pot, but they lie about it being yours.
88. You're hosting a party, and a huge crowd of obnoxious people you don't know shows up.
89. The cops bust your party, and they arrest you for providing alcohol to minors.
90. You're at a party with pot smoking, and one controlled substance offense could prevent you from getting your teaching certification.
91. A friend attends a shady party against your advice, and they overdose on a drug used to spike the drinks.
92. It's the night before your final, and your friends are pressuring you to go out drinking.
93. Your friend accuses you of having a drinking problem in front of your family while you're treating them to dinner.
94. Your significant other decides they have to head home after only 30min with you.
95. Your parent is late to your graduation and misses you walking across the stage.
96. Your friend promised they would visit, but they cancel last minute after you rearranged your schedule to accommodate them.
97. Your roommate hits their snooze button 5 times each morning even though they know you don't have to be up.
98. Your roommate slept in even though they agreed to give you a ride to class.
99. Your professor's lecture ran over and made you late for your exam in the next class.
100. You're rushing to class after lunch, and the waiter stops to flirt before bringing back your credit card.
101. You are late to class, and your teacher yells at you in front of the entire lecture hall.
102. You are running late for a meeting, and the bus driver stops to take his break en route.
103. You arrive late and your professor interrupts the guest speaker to call you out.
104. Your drunk friend insists on driving when they've had more to drink than you.
105. Your roommate decides to watch TV instead of picking you up, and you have to take public transport at midnight.
106. Instead of catching a cab from the party, your friend calls you at 4am the night before your exam.
107. You overhear your significant other laughing with their friend about what a poor driver they think you are.
108. Your friend grabs the next taxi even though they know you're running late.
109. You wait for your friend even though it makes you late, but they took the early shuttle without telling you.
110. You swerve to avoid a pedestrian and get in a head-on car crash.
111. You're rushing to the airport, but your taxi driver takes a wrong turn and now you're stuck in traffic.
112. Your friend stridently criticizes the way you are driving on your way to school.
113. Your roommate lied about handing in your essay while you were sick, and you got a zero.
114. Your significant other makes a snide remark about your family's religious practices.
115. Your good friend is interviewing for the same position as you behind your back.
116. You find out your classmate is suing you for stealing their project idea even though you didn't.
117. You're TAing a class, and a student threatens to sue you for discrimination.
118. You're leaving for your best friend's wedding when your parents say you received a subpoena for court weeks ago.
119. You see someone getting mugged and are forced to go to court as a witness.

120. You get jury duty during exam week, and the judge says your civic duty comes before school.
121. You're assigned jury duty during midterms, but your professor hasn't answered your email request to reschedule exams.
122. You're taking a shortcut home from the library when a cop stops you for trespassing.
123. You're having friends over, things get rowdy, and a cop knocks on your door with a noise violation citation.
124. You hear sirens, and you realize you are being pulled over by a man in an unmarked car.
125. A police officer pulls you over for speeding and gives you a hefty ticket.
126. Your friend was late, you had to park illegally to be on time, and now you have a \$100 fine.
127. A cop pulls you over for going 20mph over the speed limit in a school zone.
128. You rush out to your car, and see a policeman directing the tow truck to take your car away.
129. The driver behind you is tailgating, and they rear-end you at a stoplight.
130. You're waiting outside before class when someone rushes past you, grabbing your bag out of your hands.
131. You glance someone following you as you walk home from the library after a late-night study session.
132. You are at a crowded concert with a friend and someone steals your wallet.
133. You're tutoring an underclassman when they accuse you of being racist.
134. You didn't make it into your top choice school, but your friend, whom you often help with homework, did.
135. You didn't get a scholarship to your top choice college, and your parents can't afford to send you.
136. The last class you need to fulfill your requirements is full, and the professor refuses to let more people in.
137. You're processing the rejection letter from your top choice school when your friend calls to tell you they got accepted.
138. A professor writes you a curt email saying you do not qualify for their advanced course.
139. You've been called to the honor council because a classmate copied off you during an exam.
140. You find out after the fact that your professor had in-class exercises count for nearly half your grade.
141. You have 5 cumulative finals in three days because your professor changed your exam time to accommodate their vacation.
142. You're travelling during registration, and your friend forgets to sign you up for classes like they promised.
143. Because your group member is so inflexible you are unable to complete a project.
144. You're late and discover the professor gave a pop quiz you now only have a minute to finish.
145. Your professor tells you that because you were absent from class you're failing.
146. A construction worker aggressively yells at you for biking past the site.
147. You accidentally sleep through a test and your professor won't let you make it up.
148. Your friend refuses to help you pay for groceries after your card is declined at the checkout.
149. Looking at your bank statement, you see the cashier charged your card three times for one expensive purchase.
150. It's the end of the month, and you don't have enough money to treat your best friend to birthday dinner.
151. The electric bill is due today, but your roommate doesn't receive their paycheck until next week.
152. A waiter at a restaurant tells you that your card was declined.
153. You didn't make enough money this summer, and now your parents say you have to take out a school loan.
154. Your parents call to tell you they're selling the house you grew up in.
155. You've begged your mom to stop smoking, but now she has lung cancer.
156. The day after an argument with your best friend, you get a call that they've attempted suicide.
157. Your friend borrows your moped without asking and gets hit by a car.
158. You're arguing about an exam question, when your professor clutches their chest and falls.
159. A good high school friend confides in you that they have been contemplating suicide.
160. You always complain about dad's daily bacon and eggs, and you receive word he's had a heart attack.
161. Your dad tells you that he has just been diagnosed with cancer.

162. You're sick the night before a big exam; your roommate offers cold medicine that makes it hard to concentrate.
163. You take some medicine, and you sleep through your test because your roommate didn't wake you.
164. You begin to have major side effects from your new medication, though your doctor never mentioned these risks.
165. Your friend blocks your view, and you almost hit another car as you're switching lanes.
166. Your doctor prescribes medicine that makes you extremely nauseous.
167. Your roommate drinks from your water bottle, and then you get sick during exam week.
168. You're in the infirmary, and the nurse insists on lights out even though you have to continue working.
169. Your doctor tells you that you must have immediate surgery.
170. Due to a complication while taking out your wisdom teeth, your dentist decides to put you under.
171. You fall while running and the doctor tells you that you need 50 stitches.
172. Your roommates had a party while you were gone, and now your landlord is threatening to evict you.
173. There's severe water damage in the dorm, and everyone has to move out during midterms.
174. Maintenance crews need to do emergency work on your dorm, and your rector says to remove everything immediately.
175. Your landlord tells you they need next month's rent immediately, and you do not have the money.
176. You're rushing out, but your car won't start because your roommate didn't put any gas in it.
177. Your friend is driving you to class, and they run out of gas in the middle of a busy highway.
178. Your roommate breaks the stove right before you're getting ready to prepare a special meal.
179. You bought an expensive gift for your friend, but they act indifferent.
180. Your significant other is late, and you burn the dinner you spent hours preparing for them.
181. You have to drive two hours back to the store because the store manager gave you the wrong package.
182. While preparing a special meal with the help of a friend, they use the wrong ingredient and ruin it.
183. Your apartment management tries to cover up 7 break-ins over the holidays.
184. Your neighbor agreed to watch your apartment while you were away, but you return home to find broken windows.
185. Your neighbor was burglarized last night, and you realize you forgot to lock your front door.
186. It's 2am and you still have to finish your essay and read for class tomorrow.
187. Your parents visit and your roommate left the room filthy even though they agreed to clean up.
188. You are forced to handle paying the bills this month because your roommate refuses to contribute.
189. You babysit your friend's dog, but when they get back they say you did a lousy job.
190. You're walking with your dog when a car speeds by almost hitting your pet.
191. Your friend watched your cat, and you can tell the cat hasn't been fed for days.
192. Your sibling takes care of your pet fish, but when you return home it's died of starvation.
193. Your sibling begged to take care of the dog, but let it run away.
194. The vet tells you that your dog is very sick and will not last long.
195. The referee makes a lousy call in the last 2 min of the game, and you lose the intramural championships.
196. You're fouled by another player, but the referee calls the foul on you.
197. You're about to relax for the first time in months when your group member demands you finish their section.
198. You made a large bet with a classmate that your favorite team would win, and your team just lost.
199. You and a competitive friend are rooting for opposing teams, and your team loses badly.
200. Your mom wants you to come home for the anniversary of your sibling's death, but you have an exam.
201. Your significant other comes over all dressed up, and you realize you forgot about your anniversary.
202. It is the anniversary of your grandparent's tragic death, and your mom insists everyone visit the cemetery.
203. Your close friend asks you to lie on their behalf to your favorite teacher.

204. Your friend convinces you to lie about being sick to miss class, and you find out there was a pop-quiz.
205. You find out your significant other lied to you about when they broke up with their ex.
206. Your professor just accused you of cheating on an exam.
207. Your friend insists they know the way to the party, but you get lost and miss it.
208. The office misplaced your financial aid paperwork and now your loans won't go through.
209. Your friend gives you vague directions to the party and you circle for an hour trying to find it.
210. Your friend distracted you, you missed your exit ramp in big city traffic, and now you're lost.
211. Your friend gives you incorrect directions, and you get lost in a bad part of town at night.
212. Your uncle balks loudly at the family party when you tell him your political affiliation
213. A news anchor discloses 20 people have died in a meth lab explosion in your hometown.
214. Your parents call to tell you there was a terrorist attack on the news.
215. Your roommate has started smoking regularly inside your room, and they refuse to go outside.
216. Your roommate borrowed some of your favorite clothes, wore them to a smoky party and now they reek.
217. The table next to you continues to smoke in the non-smoking section even after the waiter asks them to stop.
218. A student lights up right next to you, and haughtily blows cigarette smoke in your face.
219. You watch a man smoking next to someone's baby.
220. Your professor decides to add an oral exam to count for half of your final grade.
221. You're giving a final presentation when a late classmate interrupts, and you can't remember what comes next
222. You're giving a group presentation, but the other member doesn't show.
223. The student presenting first runs over their time, leaving only a few minutes to squeeze in your presentation.
224. You have to give a speech in front of your entire college at graduation.
225. You have to give a speech at your high school reunion in front of the entire class.
226. It's your significant other's turn to come over, but they refuse for the fourth time in a row.
227. You wait at the airport for 5 hrs because your roommate forgot to pick you up.
228. Because your sibling was late, you now have to rush home in the middle of a torrential downpour.
229. You and your friend are going on a road trip and get caught in a blizzard.
230. You forget to cover for a coworker who's late again, and your boss fires them.
231. You fail to cover for a group member who hasn't finished yet, and your professor fails them.
232. Because of an incident between you and a coworker at your internship, the coworker is fired.
233. Your offhand remark about the rude behavior of a coworker leads to them getting fired.
234. You let slip to your internship boss that your coworker is always late, and they get fired.
235. Before your parents drop you off at college they tell you they're getting a divorce.
236. You've told your sister to lose her lousy boyfriend a thousand times, and she tells you he's hit her.
237. Your sister refuses to tell you why her arm is all bruised.
238. You overhear your sibling screaming at their significant other in the room next door.
239. Your parents start to treat each other disrespectfully after your youngest sibling leaves for college.
240. You're very close to your sibling, and they've decided to move across the country.
241. Your significant other calls you and says they need to talk with a sobering tone.
242. Your ex calls your current significant other to tell them how selfish and inconsiderate you are.
243. Your significant other accuses you of ignoring them, and tells you they're leaving you for your roommate.
244. A casual friend offers their condolences about a recent breakup you thought no one knew about.
245. You need to break up with your partner, but you know they will take it very badly.

246. Your friends convince you to go on a blind date, but the date never shows up.
247. Your housemate tells you their significant other is moving into your already crowded tiny apartment.
248. You smile at an attractive person, and they roll their eyes.
249. You're about to go on a blind date with someone you will dislike.
250. Your significant other decides to transfer to a school on the opposite coast without discussion.
251. Your significant other has purposefully scheduled time away, and your resentment boils to the surface.
252. A stranger at a party accuses you of ogling their dance partner.
253. Your significant other threatens you physically.
254. You accidentally bump into someone at a bar, and they throw their drink in your face.
255. Your boss doesn't rehire you for the fall semester, and now you cannot afford to fly home for break.
256. A coworker rats on you for being tardy, and you get fired, while they get more hours.
257. The person interviewing you asks an unfair question, and you make a complete fool of yourself.
258. You're interviewing for a competitive internship, and you struggle to answer an inappropriate question.
259. It's your third summer working at your aunt's business, and she gives your friend a raise, but not you.
260. You applied to be manager, but your boss recycles the application in front of you.
261. Another business is suing your company because you have the same name as them.
262. A coworker told you everyone dresses up for Halloween, but when you arrive no one is in costume.
263. Your boss significantly reduces your pay, but there's nothing you can do about it because you're an intern.
264. The night before a deadline, you discover your group member messed up.
265. There was cheating on yesterday's exam, so the professor made a harder exam for everyone to take today.
266. Your coworker doesn't relate changed guidelines, and your boss berates you for completing the project incorrectly.
267. You ask a coworker to deliver your final project to your boss, but they misplace it.
268. A coworker doesn't do their part of an assignment and causes you to miss an important deadline.
269. You realize your friend told you the wrong due date as everyone else hands in their essay.
270. Your professor asks for take-home midterms, and you realize you left yours at home.
271. Your professor assigns extra busy work the day before your oral exams.
272. Your group project member plays hooky, and you miss the deadline to complete your final project.
273. Your internship boss is requiring you work longer hours, and they will fire you if you don't.
274. Your boss had to fire your work team, and now you have to cover all the bases.
275. Your new summer internship just rescinded their offer due to some inappropriate photos they saw on facebook.
276. Your internship boss says you must take on more responsibilities, but they cannot pay you more.
277. Your friend insists you take the "short cut" to school to get your essay in on time, but there's traffic.
278. Your computer crashes, and you don't have a back up of your work because your friend borrowed the flashdrive.
279. The mechanic forgot to refill your car's coolant, and your engine overheats on the highway.
280. Your roommate bumps your desk, knocking your water glass over your computer, and your screen goes black.
281. Your significant other hosts a special party, but you have a take-home midterm due tomorrow morning.
282. A friend calls in a favor, and you are 2 hours late to the first day of your internship.
283. You have to stay late to meet a deadline, but your significant other's birthday dinner started an hour ago.
284. Your internship boss tells you that you need to put in several hours of overtime this week.
285. Your internship boss doesn't give you much work, but on your evaluation they rate your productivity as extremely low.
286. Your internship boss is too busy to answer questions again even though the project deadline is tomorrow.

Materials: Non-stressful Events

287. You watch a mother and child walk past you as you wait for the bus.
288. Your sibling hands over your bike after they're done riding it.
289. You're working to earn extra cash during school, and your boss asks you to hand in next week's availabilities.
290. You arrive at your summer job, and your boss says they will leave early today to catch a flight.
291. Your professor holds the door open while everyone enters class.
292. Your boss is away on a business trip and asks you to send them a weekly update email.
293. Your internship boss hands you the meeting notes for today.
294. Your internship boss puts hand sanitizers on all your workspaces as part of a new company policy.
295. You return home to find your parents decided to replace your bed pillows with other pillows.
296. Your father is in the hospital for a routine checkup and gives you a call from the waiting room.
297. Your mother buys you a magazine for the trip, and you pack it in your bag.
298. You take your parents to see your dorm room and find your roommate has left for the day.
299. Last night you and a sibling sat on the old couch and watched reruns on TV.
300. Your mother calls to ask about your plans for summer break.
301. Your roommate's significant other greets you briefly as they head out the door.
302. Your friend asks a mutual friend if they can borrow their pen for a second.
303. Your significant other says they've decided to head home for their sibling's game this weekend.
304. You walk past a group of people carrying on a conversation.
305. Your best friend tells you they invited a friend from work to watch TV tonight.
306. You tell your parents you're considering taking a class over the summer to free up your fall schedule.
307. You give your professor a doctor's note so that you won't lose points for missing class while you were sick.
308. You've been notified that there will be construction on your drive home, and you call to let your sibling know.
309. You tell your friend that both their parents are on their way over to help set up.
310. You tell your mother the times of your flights for break.
311. Your roommate tells you they got the next round of toilet paper.
312. Your roommate leaves a note for you on the counter.
313. Your mom hands you a plate from the dishwasher, and you put it up in the cupboard.
314. Your roommate gives you the cleaning supplies they bought to put under the sink in the kitchen.
315. Your TA asks you to pass your papers to the left for peer review during today's class.
316. Your professor says they received everyone's work and will hopefully have feedback by next Monday.
317. You type a memo for your boss at work in time to leave for home.
318. You meet with your professor, and they tell you to bring over a chair from the hallway.
319. Your professor requests that everyone staple their papers before handing them in.
320. You and your group member decide to stop working for the day and leave the library.
321. Your significant other tells you they've thinking about getting a new desk chair for their room.
322. You meet your group members after work to start brainstorming ideas for your upcoming mini-project.
323. You and your group partner divide up who will present what at an upcoming informal presentation.
324. You and your group member walk into the meeting room.
325. While completing an in-class exercise your professor makes a brief announcement.
326. You are meeting with a professor, and they tell you they'll be with you in just a second.

327. Your group member answers your email in the afternoon.
328. Your friend asks you to hand them a napkin while you're eating at the table.
329. Your classmate tells you the group meeting is at 1pm in the main library, which works for your schedule.
330. Your teacher gives you a rubric for an assignment that's due at the end of the semester.
331. Your friend accidentally gives the waitress their school ID card instead of their driver's license while you're ordering drinks.
332. You and your roommate decide to give away extra furniture on Craig's list just to get rid of it.
333. You and your friend walk home to your apartment after class.
334. Your friend offers to hold your things while you're giving a stranger directions.
335. Your parents forward some mail to you at school that was mailed to your home address.
336. You arrive at school to see your roommate has left you your fair share of the space.
337. Your roommate tells you they are going away this weekend as well.
338. You arrive back from class to see your roommate working quietly at their desk, as expected.
339. A classmate whispers to you in class about an upcoming assignment.
340. You're sitting at your desk doing homework, and your roommate comes in from picking up books at the library.
341. Your friend tells you about a new spice they used to make dinner last night.
342. Your roommate let a friend sleep on the couch while you were away for the weekend.
343. Your sibling helps you unload your car when you get home.
344. You see your friend before class as you lock your bike to the half-full bike rack.
345. You and your roommate run a quick errand using your car.
346. You come out of the shower and pass by your roommate and their friend making small talk.
347. Your friend asks to borrow your textbook for a second.
348. You and a friend bike past a crowd of people on your way to class.
349. You're talking to a friend on your way to a lecture, and they stop to fix their pant leg.
350. You hand the cashier money at the movie theatre for your ticket.
351. Your professor answers your question in class.
352. Your professor asks everyone to discuss the question with the person next to them before submitting answers.
353. Your group member records ideas for your next class project during your meeting in the library.
354. Your significant other gives you their drink while they run to the bathroom on the next floor.
355. You and your best friend talk about a recent event broadcast on the local news radio station.
356. Your significant other chats to you about today's headlines while you wait for the elevator to open.
357. You say hello to your teacher as you enter class and head for your normal seat.
358. Your friend just told you she's decided to move off campus this semester with her sister.
359. You hand your privacy form to the secretary at the doctor's office and wait to be called.
360. Your parents tell you they got some fresh vegetables from the local grocery store this morning.
361. Your parents ask you what major you've chosen now that you are allowed to designate a major.
362. You borrow your friend's blue pen to sign the paper while you're waiting.
363. At the beginning of class, your professor passes out handouts to help prep for the next exercise.
364. You email a PowerPoint presentation to your group partner so they have it to work on over the weekend.
365. You go to give your significant other a piece of paper, and they take it without question.
366. Your significant other asks you about your old jacket that you left on the chair back.
367. You notice your significant other missed a call from their parents, and you give them their phone.
368. You notice your significant other's eyes trail a stray dog meandering slowly across the street.

369. Your significant other tells you about their new desk at work while you eat a quick breakfast.
370. Your friend asks you about today's weather forecast, and you tell them while you get ready to go.
371. You find an old sock on the floor as you say goodnight to a friend.
372. You arrive at practice, and your coach announces today's routine practice schedule.
373. The university does random flyering in the dorms and the bulletin board outside your shared room gets picked.
374. Your friend is hosting a party, and they ask you to hold the door while they bring in the keg.
375. You bring in a bunch of extra drinks from the kitchen to give your friends at the party.
376. You're at a party, and you and your roommate decide to leave early to save your energy for tomorrow.
377. A friend asks if you'd like to go run some errands with them while you're waiting.
378. Your friend hands you a soda they just poured and decided they didn't want to drink.
379. Your friend passes you the pitcher of water while you're out eating a casual dinner.
380. Your significant other tells you they've decided to trim their hair tomorrow before their last presentation.
381. Your parent calls to ask you the exact time of your departmental graduation ceremony in may.
382. Your friend calls to tell you a mutual high school friend might come to visit them in the city.
383. You and your roommate wake up and head to class at approximately the same time each morning.
384. Your roommate decides to sleep in while you get up to grab some breakfast before class.
385. Your professor tells you they will finish today's topic next time since they didn't get through all the slides.
386. The waiter returns your credit card after he's swiped it to pay for your lunch.
387. Your teacher asks you to pass out handouts in class, and you agree without question.
388. You and one of your group members catch the bus so you can make it to your library meeting.
389. You arrive to class on time, and your professor directs everyone to their designated seats.
390. Your friend hands you your keys that you dropped on the floor on your way out.
391. Your roommate decides to stay at home to watch TV while you decide to buy your groceries for the week.
392. Your friend calls you to let you know they arrived at the airport with plenty of time to spare.
393. You overhear your significant other laughing with their friend about a new TV sitcom they found flipping through.
394. Your friend waits outside with you while you hail a quick taxi.
395. You waited at the bus station this morning so you could ride in with some other people from your complex.
396. You pass a pedestrian you think you might recognize as you drive down the street.
397. You catch another driver's eye as you turn left at a green light on the way home.
398. Your friend asks you to turn up the radio show on your drive in to school.
399. You hand your professor today's 5 min in-class exercise that won't really count for anything but attendance.
400. Your significant other asks you your mother's maiden name so they can fill out the form.
401. You mentioned an upcoming appointment to a friend while you were waiting for the bus this afternoon.
402. Your classmate asks if you've decided on a project topic while you're waiting outside of class.
403. You're TAing a class, and a student asks for clarification on a due date that hasn't been set in stone.
404. Your parents call to let you know they're sending you a package with old clothes you left at home.
405. You see someone buying a quick lunch from a vendor across the street as you walk to school.
406. Your professor is taking attendance, you say 'here' after they call your name, just like every other day.
407. Your professor returns the scrap paper you left in the classroom last week after the exam.
408. Your group member walks back with you from the library because they live in the same area.
409. You and your roommate decide to have a few people over tonight to catch up over food.
410. You see a policeman in his car pass you on the left and pull into the station.

411. You see a police officer while you are driving, and they wave you on by nonchalantly.
412. You offer to give your roommate a ride into class since it's raining and you're driving in anyway.
413. You pass a woman in a parked car as you drive calmly through a school zone.
414. You and your friend head out to the parking lot and hop in your car after class.
415. You look in your rear-view mirror and see someone you might know driving a ways behind you.
416. You're waiting outside before class and a fellow classmate asks what you thought of yesterday's assignment.
417. You return a book to the librarian while you're out running errands you've put off.
418. You are at a crowded concert with a friend, and someone gently brushes past you with apology.
419. You're tutoring a student, and they ask to reschedule tomorrow's session for a little bit later.
420. You often do homework together with one of your friends, and they ask you for clarification on question three.
421. Your parents bring in the mail and leave your pile on the counter by the door.
422. You ask a professor if you can overload into their class, and they agree.
423. You hand your mom some recycling as you answer the phone that's been ringing for a little bit.
424. A professor forwards a message about an upcoming talk to you, and you decide to attend.
425. Your professor puts everyone into groups for the in-class worksheet, and you finish it without trouble.
426. You read along and highlight important points as your professor goes through the class relatively short syllabus.
427. Your professor asks for a vote to see if everyone would like to change the due date of the assignment.
428. You hand the flight attendant your ticket so you can board your flight and find your seat.
429. Your group member sends you an email to schedule a meeting for a convenient time next week.
430. You come into class and your professor asks everyone to sit in alphabetical order.
431. Your professor makes an announcement in class about a new attendance policy that won't really affect much.
432. You pass a group of construction workers while you're riding on your bike, and say a quick hello.
433. Your professor hands out golf pencils for the questionnaire you are to complete by the end of class.
434. Your friend offers to split supplies for the party once you get to the checkout line.
435. The cashier takes your card so they can swipe it to pay for your small purchase.
436. You decide to grab a quick lunch with some classmates after class on Thursday.
437. You and your roommate move the furniture in your living room around to make more space.
438. You give the waiter your credit card to pay for the meal and wait for him to return.
439. Your parents say they will come pick you up on Friday to help cart your belongings home.
440. Your parents call to tell you they're changing the curtains in the house.
441. You ask your mom if you can borrow some extra sheets for the semester.
442. A friend from high school calls to ask about your plans for the upcoming break.
443. Your friend asks what you know about mopeds.
444. You raise your hand to ask a quick question during class, and your professor calls on you.
445. A good high school friend tells you that they have been contemplating colors to paint their bathroom.
446. You get a call that your dad is on his way home from the store.
447. Your dad tells you that he just bought new lawn furniture.
448. Your roommate offers to let your guest use their extra pillows while they stay over on your futon.
449. Your roommate offers to set their alarm for you because yours ran out of batteries.
450. You pick up vitamins from the pharmacist and they hand you a receipt.
451. Your friend stands up against the window and briefly blocks your view of the outside.
452. You go to the doctor for a routine check up.

453. Your roommate asks if they can borrow a bowl for cereal because they broke theirs yesterday.
454. The nurse asks you to roll up your sleeve so they can take your blood pressure at your routine checkup.
455. Your doctor asks you to schedule a routine follow up with the receptionist.
456. The dental hygienist gives you a bag of floss.
457. You pass a landscaper while out running in the neighborhood.
458. Your roommate decided to stay home while you went away last weekend.
459. Your rector announces that the heat will go on in the dorms over the weekend.
460. Maintenance crew members walk past your dorm room.
461. Your landlord tells you they need next month's rent, and you give it to them.
462. You're driving with your roommate, and they ask if they could make a quick stop at the grocery store.
463. You are driving with a friend, and you stop to fill up your gas tank.
464. Your roommate tells you that they cleaned the stove and kitchen sink this morning.
465. You bring your friend's birthday present to the party, and their significant other directs you to the gift table.
466. Your friend comes over to your apartment to ask for milk.
467. The store manager hands you a package of towels to take home.
468. While preparing a meal with a friend, you put the main dish in the oven.
469. Your apartment complex hires extra police during the holidays simply as a precaution.
470. You hand your neighbor mail that was accidentally put in your mailbox instead of theirs.
471. You see your neighbors drinking coffee on their front porch in the morning.
472. Your group member offers to reschedule the meeting for tomorrow.
473. You walk in your dorm room with your parents.
474. You and your roommate pay all the bills for this month.
475. You take care of your friend's dog for the weekend, and they come to pick it up Sunday afternoon.
476. You're walking with your dog, and you pass someone else walking their dog in the opposite direction.
477. You ask your friend to feed your cat while you're away, and they say they will.
478. Your sibling moves your old, discarded fish bowl into their room.
479. You hand your sibling your dog's leash so they can take it for a walk.
480. You take your dog to the vet for a routine check up at the end of the week.
481. The referee asks for captains to come to them at the end of the game.
482. You pass the ball to another player during the pick up game.
483. Your group member calls to ask you about tomorrow's mini-assignment.
484. Your classmate walks into class ahead of you.
485. You and a friend are watching a sporting event, but decide to change the channel.
486. Your mom wants to know when you're switching dorm rooms so they can help you move.
487. Your significant other comes over to your apartment to return a book they borrowed.
488. Your mom calls to ask about granola bars while you're walking home.
489. Your close friend asks if you want to take the same class as them next semester.
490. Your friend walks with you to class Tuesday morning.
491. Your significant other talks to you about the weather.
492. Your professor just passed out lecture notes in preparation for the next class.
493. Your friend says they know the way to the party, and they take the lead.
494. You just received notice that the office obtained your financial aid information and you are set.

495. Your friend gives you directions to the grocery store, and you grab a pen to write them down.
496. You drive your friend through the quiet downtown on the way to the store.
497. Your friend gives you directions to come pick them up.
498. Your uncle asks how school is going while you're both at a family party.
499. Your parents tell you there was a local news story done on French doors in your hometown.
500. Your parents call to tell you they bought a new fridge.
501. Your roommate has started doing work regularly inside your room because it's too cold to walk to the library.
502. Your roommate borrowed your textbook over the weekend while you didn't need it.
503. You're at a restaurant and the table next to you orders the same food as your table by coincidence.
504. A patron at the bar politely asks if you could move over so they can get a drink.
505. You see a man holding a grocery bag filled with household cleaning items.
506. Your professor decides to add an in-class exercise to today's class so everyone will fully understand the topic.
507. You file in line at the front of class to hand in your essay to your professor.
508. You and your group member sign up for a class meeting time at the end of class.
509. The student sitting in front of you in class leans back to give you the handouts.
510. You give a campus visitor directions to the new bookstore.
511. You talk privately with your professor about some pleasant comments they wrote on your paper.
512. Your significant other says they forgot their bag at your place, and they'll come grab it tomorrow morning.
513. Your roommate puts your bags in the back of the huge trunk of their car at the airport.
514. You drive your sibling to pick up toiletries at a nearby store.
515. You and your friend are running an errand and stop on the way for gas.
516. Your coworker asks to borrow a piece of paper to take notes during the meeting.
517. You and your group member pick days to meet for next week to discuss the upcoming project.
518. Because of a talk between you and a coworker, they decide to order a tennis racket.
519. You make an offhand remark about the color of the trees to your coworker.
520. You and your coworker grab extra chairs for this morning's meeting.
521. Before your parents drop you off, they tell you they have to stop for a few food staples.
522. You ask you sister about her newly posted "in a relationship" status on facebook when she calls to catch up.
523. Your sister asks about your class schedule for this semester while you're out walking together.
524. You overhear your sibling talking to their significant other in the yellow room next door.
525. Your parents start to chat after your youngest sibling goes to bed early in the upstairs room.
526. Your sibling asks to borrow your water-shoes for a few minutes while they swim in a rocky area.
527. Your significant other calls to ask when you'd like to get together tomorrow after work.
528. Your friend calls your significant other to ask if you'd both like to come over to hang out.
529. Your significant other says hi to your roommate when they come home from a long class day.
530. A casual friend texts you to offer their opinion on easy to build dorm room lofts.
531. Your partner comments on the movie theatre seats as you walk into the dimly lit room.
532. Your friend asks if you'd recommend a certain restaurant to take family to when they're in town next weekend.
533. Your housemate asks if you mind if their brother sleeps on the couch while he's visiting this weekend.
534. You ask the waitress for some extra napkins while you're eating out at a local restaurant.
535. A waiter hands you a menu as you walk into the restaurant and to your booth.
536. Your significant other decides to buy some bread for tonight's potluck meal with your friends.

537. Your significant other asks you for today's paper, and you give them the section you finished reading.
538. You grab a drink from a friend while you're out at a random party.
539. Your significant other asks you to hand them their sneakers while you're in the hallway.
540. You hand a friend some money to grab you a drink while they're up at the bar.
541. You and a friend decide to shelve library books one night a week to make a little extra money.
542. You and a coworker sign up for similar hours next weekend, which should work out just fine.
543. You and a group member fill out a quick form online while your roommate talks on the phone.
544. You're in a meeting, and someone asks your boss a question about the new conference room chairs.
545. Over the summer you and a friend decide to work a couple days a week for your aunt.
546. You give your boss your time sheet for the past two weeks and grab a new one.
547. You get a call from a non-competing business to see if they can advertise in your storefront.
548. The secretary at your new job asks you to help them post a few holiday party flyers.
549. Your internship boss gives you the work schedule you expected for the next couple of weeks.
550. A month before the project is due, you and your group members equally divide up the work.
551. Your professor announces they noticed nearly everyone was in class yesterday and today.
552. You and a summer internship coworker work on a project that's not due until December 15th.
553. You asked a nearby coworker to hand you the grey stapler from their desk.
554. A coworker offers to grab a snack for you while they're on a break in the afternoon.
555. Everyone hands in their assignments at the beginning of class while the professor writes upcoming deadlines on the board.
556. Your professor asks everyone to talk amongst themselves while they take a quick phone call outside.
557. Your professor cancels a "busy work" in-class assignment at the beginning of class.
558. Your group project member asks how you'd prefer to divide up the work so you meet the deadline.
559. Your internship boss asks to discuss your work schedule with you so they can coordinate.
560. Your boss assigns you to the next work team at the start of the first quarter.
561. Your summer internship mails some paperwork for you to fill out before you come next month.
562. Your internship boss asks you to sign a very reasonable agreement about your responsibilities at work.
563. Your friend asks if you can drop them off at their building so they can hand in their assignment.
564. Your friend asks if they can borrow your flashdrive for a second so they can transfer some files.
565. You and a coworker decide to carpool to your summer internship for the next few months.
566. Your roommate comes over to your desk to look at your textbook while you're working on something else.
567. Your significant other calls to see if you'd like to hang out after you finish your take-home assignment.
568. You give your ID card to the office secretary so they can clock you in while the system is down.
569. You give the secretary a memo to distribute to everyone next week before the meeting.
570. Your internship boss tells you that they will need to move your desk over a few feet.
571. Your summer internship boss hands out extra paper clips so everyone is properly supplied for the next few weeks.
572. Your internship boss says they will answer your email about the water cooler tomorrow after the meeting.

Procedure: Rating Questions

Group 1. Experience

Experience (Exper)

Have you ever experienced this or a similar situation yourself?

(-1 to 1 scale: -1 = no, 0 = uncertain, 1 = yes)

Familiarity (Fam)

How familiar are you with this scenario based on having experienced it?

(1-7 scale: 1 = no, 4 = average, 7 = high)

Vicarious Familiarity (VicFam)

How familiar are you with this scenario based on vicarious experience

(present when someone else experienced it, read about it, seen it on TV, heard someone else talk about it etc.)?

(1-7 scale: 1 = no, 4 = average, 7 = high)

Group 2. Perceived Stress and Plausibility of Experience

Perceived Stress (PerStr)

If you were actually in this scenario, how much stress would you experience?

(1-7 scale: 1 = low, 4 = medium, 7 = high)

Being There (BeTh)

From reading the description above, how much can you imagine actually “being there” in the scenario and vividly experiencing what’s taking place?

(1-7 scale: 1 = none at all, 4 = moderate, 7 = high)

Plausibility (Plaus)

How likely do you think it would be that you would find yourself in this situation?

(1-7 scale: 1 = none at all, 4 = moderate, 7 = high)

Group 3. Basic Conditions for Stress and Perseveration

Expectation Violation (ExpVio)

If you were in this scenario, to what extent does it violate your expectations about what's supposed to happen when people are acting reasonably?

(1-7 scale: 1 = none at all, 4 = moderately, 7 = highly)

Self Threat (SlfThr)

If you were in this scenario, how threatened would you feel (physically, psychologically, socially etc.)?

(1-7 scale: 1 = none at all, 4 = moderately, 7 = highly)

Efficacy (Effic)

If you were in this scenario, to what extent do you believe that you would be able to cope effectively with the situation?

(1-7 scale: 1 = none at all, 4 = moderate, 7 = high)

Perseveration (Persevv)

If you were in this scenario, to what extent would you continue to worry about this situation until it was resolved?

(1-7 scale: 1 = none at all, 4 = moderate, 7 = high)

Group 4. Imagery and Bodily Experience

Visual Imagery (VisIm)

As you read this scenario, how much visual imagery related to it do you experience?

(1-7 scale: 1 = none at all, 4 = moderate, 7 = high)

Bodily Experience (BodExp)

As you read this scenario, how much internal bodily experience do you have (arousal, changes in heart rate, breathing, muscle tension etc.)? (1-7 scale: 1 = none at all, 4 = moderate, 7 = high)

Action Imagery (ActIm)

As you read this scenario, how much do you imagine actions you could perform?

(1-7 scale: 1 = none at all, 4 = moderate, 7 = high)

Verbal Imagery (VrbIm)

As you read this scenario, to what extent do you hear verbalizations(your own or other people's)?

(1-7 scale: 1 = none at all, 4 = moderate, 7 = high)

Group 5. Valence and Arousal

Positive Valence (PosVal)

If you were in this situation, how much positive emotion would you experience?
(1-7 scale: 1 = none, 4 = medium, 7 = high)

Negative Valence (NegVal)

If you were in this situation, how much negative emotion would you experience?
(1-7 scale: 1 = none, 4 = medium, 7 = high)

Arousal (Arous)

If you were in this scenario, how much bodily arousal would you experience? *
(1-7 scale: 1 = none, 4 = medium, 7 = high)

Group 6. Certainty

Situation Certainty (SitCer)

How certain are you about what's really going on in this situation?
(1-7 scale: 1 = very uncertain, 4 = somewhat certain, 7 = very certain)

Coping Certainty (CopCer)

How certain are you about what you would do to handle the situation?
(1-7 scale: 1 = very uncertain, 4 = somewhat certain, 7 = very certain)

Outcome Certainty (OutCer)

How certain are you about what the eventual outcome of the situation would be?
(1-7 scale: 1 = very uncertain, 4 = somewhat certain, 7 = very certain)

SM Table 1. Complete correlation matrix

	Exper	Fam	VicFam	BeTh	Plaus	ExpVio	SlfThr	Effic	Persev	VisIm	BodExp	ActIm	VrbIm	PosVal	NegVal	Arous	SitCer	CopCer	OutCer
PrcStr	-.49**	-.43**	-.09**	-.06**	-.46**	.67**	.78**	-.72**	.82**	-.15**	.62**	-.05**	.01	-.46**	.85**	.63**	-.46**	-.65**	-.65**
Exper		.84**	.34**	.27**	.59**	-.43**	-.46**	.40**	-.48**	.17**	-.33**	.12**	.07**	.32**	-.48**	-.33**	.34**	.43**	.44**
Fam			.50**	.34**	.63**	-.40**	-.40**	.36**	-.43**	.18**	-.26**	.13**	.09**	.24**	-.44**	-.33**	.36**	.43**	.44**
VicFam				.30**	.32**	-.18**	-.09**	.11**	-.12**	.16**	.08**	.18**	.21**	-.05**	-.11**	-.18**	.17**	.17**	.19**
BeTh					.54**	-.12**	-.06**	.09**	-.07**	.27**	.00	.26**	.20**	.01	-.07**	.04**	.16**	.14**	.15**
Plaus						-.45**	-.44**	.41**	-.48**	.22**	-.34**	.18**	.11**	.35**	-.47**	-.31**	.37**	.42**	.44**
ExpVio							.75**	-.68**	.74**	-.05**	.52**	-.08**	-.02	-.44**	.74**	.55**	-.52**	-.60**	-.62**
SlfThr								-.75**	.87**	-.03*	.63**	-.04**	.02	-.46**	.82**	.61**	-.46**	-.61**	-.62**
InEff									-.77**	.06**	-.62**	.03**	-.01	.41**	-.72**	-.48**	.44**	.60**	.59**
Persev										-.07**	.65**	-.05**	.00	-.47**	.85**	.65**	-.49**	-.65**	-.67**
VisIm											.11**	.45**	.14**	.07**	-.09**	-.02	.12**	.14**	.15**
BodExp												.20**	.21**	-.42**	.65**	.46**	-.34**	-.48**	-.46**
ActIm													.29**	.06**	-.05**	.06**	.09**	.06**	.07**
VrbIm														.01	.00	.03*	.02	-.02	.01
PosVal															-.45**	-.19**	.27**	.35**	.35**
NegVal																.67**	-.51**	-.68**	-.68**
Arous																	-.35**	-.45**	-.53**
SitCer																		.69**	.67**
CopCer																			.83**

Note. The *N* of each cell = 6864. ** Correlation is significant at the $p < .01$ level (2-tailed). * Correlation is significant at the $p < .05$ level (2-tailed). PrcStr is perceived stress, Exper is experience, Fam is familiarity, VicFam is vicarious familiarity, BeTh is being there, Plaus is plausibility, ExpVio is expectation violation, SlfThr is self threat, Effic is efficacy, Persev is perseveration, VisIm is visual imagery, BodExp is bodily experience, ActIm is action imagery, VrbIm is verbal imagery, PosVal is positive valence, NegVal is negative valence, Arous is arousal, SitCer is situation certainty, CopCer is coping certainty, OutCer is outcome certainty.