

## Supplement 2

### Examples of descriptions, Experiment 2

1. "I was very depressed and disappointed with the attitude of the person who had hurt me. At that time, I felt rejected by my peers. It was very bad for me, I felt fear and fear of this person. I was afraid to trust other people because of the situation that happened to me. The sadness did not leave me for several days, I wanted to be alone and did not allow help from other people, which later translated into my relationships with these people. I felt sad and felt unnecessary. My self-assessment has dropped. I was acting very irresponsibly then, because the whole situation led to negative relations with my friends and family. The whole situation changed my approach to the people I meet and people I already know. I became wary of anyone who stood in my way. I started to measure all people with one measure, to approach people with distance. The whole situation made me despair and cry."

3. "I felt regret and anger at that moment. I wondered why this person did this. Have I fallen victim to any conspiracy? Where did I go wrong? How do people take advantage of other people's weaknesses? I was afraid of what would happen next. I felt furious that I hadn't been apologized, and the person who had hurt me pretended that nothing had happened. Looking into my eyes, she pretended everything was fine. I wanted my revenge as soon as possible. After some time and deep reflection, I came to the conclusion that there is no point in taking revenge. There is no point in descending to the level of people who hurt others. This may mean that they have no self-respect. After this unpleasant experience, I began to avoid so-called casual conversations at work, discussing only business matters, and also began to treat the others as

they treated me. What people also noticed and criticized. I stopped worrying about it. The moral of this unpleasant experience is that you shouldn't trust people. Many things should be approached with a distance. When behaving in a given way, you should consider how other people will perceive it. How they see you, that's how they perceive you. If this is not taken into account, the weakness that other people perceive in you will be used against you, such as leeches. Man to man a wolf. The less people see about you, the harder it is for them to hurt you."

4. "The person I thought was a good friend didn't want me to learn better in high school than she did. Once she got a better grade in a math test. She also let other people download tasks, but not me. This alienated me from this person. True friendship did not survive."

5. "There have been situations in the past with an older brother, such as with siblings. Sometimes he quarreled about anything and once, out of spite, he said something stupid in front of his friends to laugh at me and take revenge for complaining to my mother. I was four years younger, thirteen, and already ashamed of my older colleagues, so this situation was very awkward for me."

6. "I was surprised on the one hand and angry with this person on the other. She irritated me, I was very indignant, I didn't know what to do and I left."

7. "My best friend told some of my secrets to other people and she hurt me a lot. I admitted that I did not know the watch, I was very ashamed that I did not know each other yet, I said, I asked her not to tell anyone, but she did not keep her word and revealed this secret to our friends. I was

very sorry, afterwards she did not even apologize, but laughed, although she knew that I was very sorry.”

8. “I wondered for a long time why this person acted like that. The memory of this event kept coming back for some time. Eventually, after realizing that I had no control over it, I stopped thinking about it. Until now, I have a distance to this person, I do not trust her, I would not entrust her with secrets. At the moment of this incident, I was sorry, but I didn’t draw her attention, I didn’t tell her. Then thoughts came that I could tell her something, I was arranging scenarios in my head.”

9. “For me, every relationship has some value, even the one that gives us pain. I felt very misunderstood and pushed away by a person who was still close to me. When I realized what this person was really doing to me, I felt a huge sadness mixed with emptiness. Then came anger, even rage, that someone might even have acted that way. Disbelief, confusion, regret, anger all at once. The feeling of emptiness and hatred for this person has been around for quite a long time. Eventually, however, that passed. After this situation, she feels nothing for that person.”

10. “My speech will be a short description of the events that took place in the gymnasium. This will apply to relations with other students from the lower secondary school class. He was a rude and rude man with full premeditation. He had problems with his psyche and emotionality. The relationship with him was not of value to me. This person cared only for appearing in the class forum, as well as for the sick need to accept himself at the expense of others. He did not feel that he was doing something reprehensible, he did not feel guilty. My feelings were muffled and I did

not want to show them. For me it was undoubtedly a very difficult and painful series of events. I certainly felt the shame and humiliation at that time, which caused a lot of changes in my personality at that time. I was also largely lonely and on my own. My behavior was twofold. At school, I was unfortunately alienated and hiding negative feelings: anger and anger. In contrast, at home, for the most part, everything that caused my pain and even a sense of nonsense was displayed. To sum up, these were difficult and even traumatic experiences for me, from which it was not so easy to shake off.”

11. “My short speech will concern the emotional state accompanying me in an unpleasant experience resulting from a very inappropriate behavior of my peer. As a human being, I was indifferent to him, so I did not feel any regret or typical hurt like in the case of a loved one. I was accompanied by extreme anger, indignation, the will to pay back for the evil I had accepted, the will to take revenge at the moment of humiliation was so strong that I did not refrain from giving back the blows. The motive for quick revenge and defense at the same time was the humiliation that others were watching the whole event as well. After the incident, for a few days, I felt the hurt and injustice that befell me, extreme reluctance turned into hatred. Extreme and impulsive emotions have subsided, and unpleasant feelings towards this person have grown, which is a concept broader than the emotions themselves.”

12. “The girl cheated on me on my birthday. I felt deceived, disappointed, and realized that you cannot completely trust another person. For the rest of the day, I tried to cut off the thought and did my best not to think about it. I stayed up all night, sat at my desk playing the computer and tried to turn off my brain. I was playing to vent the swirling mixture of hatred, disgust and

sadness in my head. At one point, everything I did in the game was the product of my instinct. I was so cut off from the world that the whole night passed in the blink of an eye. Then I smoked a whole pack of cigarettes, although usually the pack was enough for a week. In the morning I went to class and the day passed as if it were an ordinary day, as if nothing had happened the previous day. After class, I went back to the lodgings and talked to my girlfriend and my roommate. Until now, I don't know how I managed to keep my face straight, I spoke as if I was dictating a grocery list even though I was ending a relationship that lasted four years. Their translations, everything they said, all their emotions completely did not reach me. I understood what they were saying, but it didn't bother me at all."

13. "The account I am going to quote concerns the teacher–student relationship. Due to the upbringing of the teacher, because of the profession she was in my eyes, she was a valuable person and, moreover, a model that I should strive for as a young person in education. An additional aspect that raised the emotionality of these contacts was the fact that I was teaching a subject with which I had positive emotions and the desire to develop in it. As an ambitious individualist, avoiding the generally applicable rules, I solved the problems posed in front of me in a unique way, which was unacceptable to a teacher who demanded that tasks be performed in the manner presented by him. During the first conflict situations, I felt embarrassed by the status of a person who required me to behave and act contrary to my internal convictions, then there was a need to resolve the problem and bring about a consensus. It was associated with the stress and loss of serenity that deepened on the days of the lessons conducted by this person. After some time the difficult nature took over. I felt bitterness about my feeling that I was wasting my giftedness. The place of non-conflict was increasingly taken by provoking and leading to

confrontation in every possible field. The reluctance towards this person was intensified by the necessity of contact and the awareness of the malice of the other party who knew the causes of my problems and constantly repelled my attempts to resolve such a tiring relationship. Over time, the crisis turned into an open conflict in which I showed a complete lack of attention to the teacher, which was bad from an emotional point of view. Also for me, because of my upbringing. The account ended with showing hatred towards the teacher until the end of school.”

15. “The situation took place no more than six months ago. One of the people I cared about ceased to be interested in me the way she did it before. The situation lasted about 3–4 days. During this period, I felt very bad, nothing improved my malaise. I felt abandoned, lonely and unwanted. I did not want to meet my friends, and even if they managed to get me somewhere, I pretended that everything was ok. I kept thinking about what could have happened, that such a situation had even appeared. I had very different thoughts about the cause of this whole situation. During this period, I was much more involved in matters that very much occupied my attention and thoughts. I did this to take a break from the rush of thoughts.”

16. “I did not care about the relationship with this person, so I did not care too much about her behavior. I try not to think about it. I do not attach importance to this event. I forgot it. However, I avoid contact with this person. I don’t want to have contact with her.”

17. “I felt regret and disappointment, the bitterness of a kind of failure, even though the situation was trivial. It caused a great discomfort to my mental state. Most of the time, in such situations, I feel guilty, even though common sense tells me that I am not at fault.”

18. "In this situation, my feelings that accompanied me were: anger, helplessness, anger. I thought about hurting him, I was arrogant, my voice was raised, and at times I wanted to run away and hear nothing. In my mind, I asked myself why he did this to me. Next time I need to be more vigilant."

19. "At first, I felt anger, a desire to act back, aggression, nervousness, a desire to confront myself, threatening myself that if we find ourselves in a similar situation, I would definitely behave in the same way, so that the person could feel what it was like in such a moment. After calming down and rethinking the situation, the feelings that dominated were regret, sadness, lack of trust, unloading the nerves by crying, an attempt to understand why this happened, a willingness to calmly explain the situation, despite all the willingness to get along and agree. However, in conflict situations, recalling a given situation and recalling the feelings that accompanied it, which were very unpleasant."

20. "My feelings in a situation where I felt hurt were bad, then I felt a great disappointment because the person did not keep his word, in this situation I was very sad, resigned and very disappointed. After the whole situation, it was hard for me to talk to this person because she did not explain her behavior or apologize for the uncomfortable situation."

22. "The person who hurt me is my ex-friend from high school. We were friends in the first grade, but after some time Agata started to envy me everything and started spreading my secrets to other people. She told my biggest secret. I felt great pain and disappointment and shame when

other people looked at me askance. I really wanted to take my revenge on her, but after a while my anger stopped. My friend did not apologize to me and so far we are not in touch with each other.”

23. “I felt regret and anger at the person at the same time, and decided to stay away from him. This event influenced my further behavior. I started to approach people with a distance.”

24. “I experienced shock, disbelief, denial, pain, anger. I felt hurt, I thought the whole world had collapsed. This was, in my opinion, outright injustice.”

25. “The situation regarding harm from a person with whom I did not have a proper relationship and it was not a relationship of value to me took place about a year and a half ago in my previous workplace. It concerned tossing rubbish pulled from the tape into clean clothes, shoes and socks, and into a cupboard with clean clothes. The person who did it did not admit it and pretended nothing happened after the fact. After I found these gifts, so to speak, I went to the plant manager furiously, threw him a rubbery toy stuck with some muck and found that it was not funny. I said quite sharply that this is not the first situation of this type that is underestimated by those responsible for the change. In addition, I added that I do not want anyone to touch my private belongings, because I am allergic and if this situation does not end, I will demand compensation in the form of disinfectants for cleaning clothes and financial compensation for antiallergic drugs. In the end, furious, I shouted that if he did not deal with this matter, I would report the situation to the Labor Inspectorate. I added that everything that happens in the plant is subject to employee mobbing and may have problems as a result. In the end, I went home, outraged.”



26. "I was offended by a person very close to me. I felt very hurt and humiliated. I did not expect such aggression towards me, but it was typical envy, jealousy and so on. It was a long time ago, I experienced it very much and it hurt for a long time. It lasted for a few years and the situation repeated several times, until I moved out of my hometown. Now we get along and I have the impression that both sides do not want to remember it. It is not about people from my family home."

27. "This event took place in an elementary school. The school year has just begun, it was just the beginning of my adventure with education. At first, I didn't know my playmates, but over time we got to know each other. Once, during a group game, one of the girls told our form teacher that I was teasing her. I was very surprised because I didn't do anything to her. The lady began to explain to me that she was not allowed to do so, that she was sorry. Unfortunately, I tried unsuccessfully to explain to our tutor that it was not true and that she was lying. I cried and ran to the toilet. The lady told me to apologize to my friend. I really didn't want to do it because I hadn't done anything bad to her. It was the other way around, and no one stood behind me and wouldn't believe me. I felt very depressed and didn't want to play with her anymore. I knew she did it on purpose because she liked one of the boys in our class very much. The young man, on the other hand, was more interested in me. I had to apologize to her because I didn't want my mom to be mad at me. I felt sorry for her and I was sorry because she did not apologize for it and in addition pretended as if nothing had happened and wanted to play with me. However, I did not want to, and since then I have avoided her."

28. “One day, while walking with a friend from school, he asked if I had a cigarette. I firmly said I didn’t want to smoke now, but he was still trying to get a cigarette. I replied that I could sell him. He said he didn’t want to, then pulled out his and lit it. Being nervous, I also lit a cigarette, and my friend said that I was rude because I did not want to give him a cigarette, but I lit myself. Under the influence of the emotions he evoked in me, I told him that he was a scoundrel. In retaliation, he used a few indecent words in my direction, then took offense. Then he announced that I was the bad guy because I refused him a cigarette and lit up myself. After this whole situation, I realized that the relationship with him was of no value to me, and then I cut off contact with him. To this day, he doesn’t feel guilty, he thinks it’s all my fault and I should apologize.”

30. “An unpleasant situation that happened to me took place at school during math lessons. Year four or six. I came to each lesson with a stomach ache, stressed out. After each lesson I finished, I thought about the next one that would start again. I’ve never been a math genius, but I also think I’m not completely stupid to understand. It was enough just to have the right teacher. He was the perpetrator of the math lessons I hated. The reason was that he screamed at me terribly when I didn’t know the answer. He screamed in front of the whole class, banging his fist on the blackboard. I was a tiny, still sensitive girl. I didn’t need a scream and angry. I’m sure my math grades would be much better if the teacher had a different attitude towards me. My parents did not have enough money for additional lessons, tutoring. Therefore, this agony lasted three years. Nobody could and did not want to help. There are advantages and disadvantages to this event. If then I would learn more from these lessons and learn something, today I would be more talented and wiser. And I wouldn’t be so shy at the same time. Even though I am an adult today and I am

aware that this man had some problems with him, it is hard to suddenly change your subconsciousness, when someone has proven for a long time that I am good for nothing! It was sad and difficult, but that's what the consequences are today. Although with today's naivety, it's important that I can change it. It only takes an opportunity. I consider the pluses that thanks to this bad person, I am and will be a good person. Because today I know what evil looks like. How bad does it feel? It always has consequences. As one saying goes, our fingerprints on the lives of others will not disappear. I might as well follow this man and hurt other people just because something bad happened to me once. Perhaps this teacher had no bad intentions, I believe in it deeply, but I think that he is not suitable for his job or profession. However, I am glad that more good than bad resulted from it. Because I can still overcome the adversities. I believe it.”

31. “Great suffering, sadness, regret, sorrow, anger, fear, I felt it. I was only thinking about this situation. I acted restless, did nothing, had enough of everything. That's all.”

32. “One person hurt me a lot. I was furious, I wanted to beat her, but I stopped myself. Then emotions such as rage, sadness, irritation and revenge took over. I struggled with the feeling of anger for a long time, I thought about revenge all the time, I wanted it, but in the end I didn't. This person is not worth it.”

33. “Honestly, I rarely get hurt, but I think of an unpleasant situation. A few weeks back, while on a walk with my wife and daughter, I found a mobile phone of a fairly high value on the sidewalk. I thought it would be a good idea to return the finder. The phone, however, was turned off. Unfortunately, the attempt to turn it on was unsuccessful—I did not know the PIN code. I

decided to go to the Orange network to determine the owner, but it turned out that due to the protection of personal data, I will not get such information. Thought I would check the memory card with the photos and maybe then I could find a clue. I was lucky, one of the first photos featured a medical certificate with the name and address of the owner. I went to the address mentioned earlier in order to return the phone I found. The owner greeted me at the doorstep not very pleasantly, and instead of thanking me I heard that I was cheeky because I was rummaging on my phone and browsing private information. I was sorry and felt sorry that someone, instead of thanking me for the effort to find the owner of the phone, I heard unpleasant words. I felt underappreciated, but also relieved that the case had finally found its end.”

34. “I felt betrayed and disappointed. I was lonely, apathetic, surprised, hurt, withdrawn, lost. I had the impression that this problem happened only to me. I felt hate, anger, rage. I was helpless at first, but my anger helped motivate me to survive, to function. I suffered, but I wanted to channel this suffering, turn it into something constructive, develop a constructive attitude. At the same time, I knew that something had ended, a new stage in my life had begun. I knew I couldn’t trust this person anymore. She was someone very important to me, then the most important in my life. Everything turned upside down. I had the impression that I would never trust anyone again. I suffered in silence. But with time, instead of closing myself in this suffering, I opened myself to the world and other people. I told my friends about the incident and got relief, understanding, and support. And most importantly, I regained my hope. She realized that losses are an integral part of life. I know that this person still has remorse to this day, even though I forgave her. She punishes herself without my participation. I drew a lot of reflection from this event. However, it took a long time for my return to full life. Now I am a strong person to help others. I do not judge

other people, because I know how I behaved myself at the beginning of the crisis and what a person can experience and how to perceive reality.”

35. “One day in junior high, I was driving the bus in the back. Dudes like that, nasty guys, cigarettes and stuff crash on the bus. They wanted me to give way to them, especially two of them. I refused and I talked back to them. They tried to force me out of my seat. One colleague stood up for me. In the afternoon I was returning from school by bus while sitting with a certain boy. Suddenly, a smart guy approached me every morning. He began to humiliate me and exalt me. I was pissing him off. Then he started poking me, so I told him to get off, using bad words. Suddenly he hit me in the face, and I didn’t force my response, just continued to sit in the chair. He was running away and after a while he would come back to hit me again, and I just sat there and defended myself with my hand. I told him to go away using bad words and curses. He felt confident and more and more often ran up and hit me, and then he ran away. I had a terrible desire to chase him down and hit him, but I didn’t do it, I was afraid, I was ashamed. I didn’t want to fight him, and I never liked it anyway. Street fights are not for me, although I wanted to practice martial arts at the time. Then I felt humiliated, hopeless, I was terribly ashamed. There were a lot of people on the bus, but nobody bothered about it. They only looked at the whole situation, and in their eyes I was an orphan who could not defend myself. I wanted to cry then, the tears wanted to come to my eyes, but I held back. I had a stiff tumor then, a limo over my eye. After the whole incident, I wanted to kill the guy. I promised myself that someday I would train great and when we meet, I will show him. For a while, I even took a different bus because I didn’t want to meet him or those people who saw it. He never apologized to me for that. And for

a long time I remembered those moments that I could have acted differently, defend myself, fight him. Maybe everything would be different later.”

36. “While attending the Zerówka ward, I had one unpleasant friend in my group. We went to wash our hands every day before breakfast. When we came out of the bathroom, everyone was reaching for their first breakfast: a sandwich or a bun. I remember that my mother often made sandwiches for me, which I couldn’t even eat because my unpleasant friend always took it from the drawer. I didn’t tell anyone about it, not even my parents. I felt very bad about it. I know that this rude friend came from a poor family and maybe that’s why I didn’t tell anyone about it. But I always wondered why she was doing me such harm? Returning home on foot, and there were a few days like that, and she lived in the same direction, she managed to push me several times for no reason. When such situations happened quite often, I decided to come back in a larger group of children, because then such situations did not occur. In those four years she never apologized to me for what she was doing to me. After she moved, I was so relieved that she would never hurt me again.”

37. “This situation happened when I was in middle school. An older colleague, as I was walking down the corridor, hit me and laughed. I didn’t do anything about it, I didn’t have the courage and I was scared because he was the biggest crook in school. I wanted to cry and I wanted to go home. I hid in the restroom at school and sat the whole lesson. I thought about my behavior, why didn’t I give him back or tell him something. It was very bad for me, I felt fear and anxiety inside, because I was afraid that at any moment he might come and hit me again or call me a name. I was afraid to leave this toilet, I did not know what was waiting for me behind the door.

In the end I left, but until the end of the day I walked around in fear and looked around if he was nowhere to be found, because I knew that when I met him, he might do something else to me. Since then, I have been paying attention to him, even on the street, because I don't like talking to them, let alone having friends, because when I meet him sometimes, I have the impression that he wants to hit me."

38. "It was in elementary school. I came back from school with my classmates. On the way, we often stopped to buy something sweet. That day, I went to the store alone, and my friends were supposed to wait for me. When I left the store, my friends were gone. I saw them several meters away, they were running away. Previously, such situations happened and my friends got used to the fact that I always chased after them. It's just such a joke. That day I didn't do it, I didn't run after them. My girlfriends, if you could call them that, were very surprised that I acted like that. Such situations were very painful for me. I felt rejected, inferior, and cried a lot at home about it. Now I think I did well then. Eventually they realized it wasn't funny. I managed to bet and was happy with it. I didn't let myself be made a fool again. They teased me even later, but over time I learned to fight for my good name."

39. "The situation was in primary school, second or third grade. During the lesson, I don't know why, I started to cry. I remember sitting in the first pew. Instead of asking what happened, the teacher started shouting at me to stop me bleating. Her scream made me cry even more, instead of stopping crying. After a while, the dear lady pulled me out the door, tearing my ear. I remember she told me to stand by the window and come over when I stopped crying. Of course, I did not go back to class alone, after some time my friend came to pick me up. I was very sorry

to stand by this window, I was scared and terrified. The teacher has not apologized to me until now, and I have a negative memory of this situation. I didn't say anything at home that this was the case. At that moment, I thought it was my fault and that I was the one who provoked you to this behavior. Now I know that I was not guilty of it, I was then a child and I had the right to cry, and you should be interested in me."

40. "It was a situation where I had been dating a girl for a while and I was counting on our relationship to come closer. One day this person informed me that we needed to talk. Before the conversation itself, I felt something bad was going to happen and I had the worst thoughts about it. It turned out that my fears were confirmed. The girl informed me that it was over. I was through it quite a bit that day. Sometimes that day I kept telling myself that it was very good that it had happened, and I was falling in feelings ranging from sadness and regret to euphoria and excitement. The next day, only negative emotions remained. I felt quite sad the next day. It seemed to me that I had a certain hope with this person and that I had made a sacrifice and invested a lot of resources and energy in it. During this time, I had the feeling that this person was doing it on purpose. I was only used because this person had already been hurt in life by other people in the past and wanted to get revenge and self-esteem in this way. This person only convinced me to be guilty and responsible for the situation, although the guilt was evenly distributed. She tried to make me feel guilty later on and showed her great hurt to do so. For some time after this incident, I had mood swings and felt resentment, irritation and sadness. Fortunately, as I am a person who copes quite well with unpleasant life events, after a while everything has normalized and now I do not feel any more emotions about this event."