
APPENDIX 17.1: Instructions for the Situational Induction of the Obsessive and Harmonious Passions

Determine an activity that you like (or love), that is important to you, and in which you invest a significant amount of time on a regular basis.

Write about a time when you had difficulties controlling your urge to do your favorite activity and you felt that this activity was the only thing that gave you excitement. Recall this event vividly and include as much detail in your writing as you can to relive the experience.

Write about a time when your favorite activity was in harmony with other things that are part of you and you felt that your favorite activity allowed you to live a variety of experiences. Recall this event vividly and include as much detail as you can to relive the experience.

APPENDIX 17.2: Manipulation Check Questions for Harmonious Passion and Obsessive Passion Respectively

My activity is in harmony with other activities in my life.

Do not agree at all	Very slightly agree	Slightly agree	Moderately agree	Mostly agree	Strongly agree	Very strongly agree
1	2	3	4	5	6	7

I have the impression that my activity controls me.

Do not agree at all	Very slightly agree	Slightly agree	Moderately agree	Mostly agree	Strongly agree	Very strongly agree
1	2	3	4	5	6	7

APPENDIX 17.3: Positive and Negative Emotions Scale

This scale consists of a list of words that describe different feelings and emotions. Read each item carefully and indicate how much you felt this way in the situation you have just recalled.

In this situation, I felt . . .

Not at all 1	A little 2	Moderately 3	Quite a bit 4	Completely 5
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1. tense, nervous, anxious _____
2. upset, irritated, displeased, angry with myself _____
3. determined, alert, active, interested _____
4. happy, satisfied, optimistic _____
5. discouraged, depressed, disappointed _____
6. enthusiastic, excited, energized _____

Once you have completed this scale, please calculate your mean score on both positive and negative emotions using the items below.

Positive emotion items: 3, 4, 6.

Negative emotion items: 1, 2, 5.