

CONSTRUAL LEVEL AND SELF-JUDGEMENT IN INTERPERSONAL
RELATIONSHIPS

by

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Abstract

Construal level refers to viewing events or experiences through varying levels of abstraction (Gong & Medin, 2012). These two levels are high-level and low-level construal. Research has found that high-level construal aids in producing harsh moral judgement of the behavior of others. Along with influencing moral judgements, construal level also influences self-improvement and self-protection goals. These moral judgements, however, have shown to not transfer when asked to judge behaviors that one is to perform themselves. Given previous studies, the present research aimed to determine whether construal level would influence self-judgement of ones' own past negative behavior within interpersonal relationships. The study was designed to manipulate participants into high-level or low-level construal and measure judgements of their own past behaviors towards someone close to them. An independent samples t-test was used to analyze the data in which there was no significant difference in self-judgement of past behaviors between those in high-level construal and low-level construal.

Keywords: Construal Level, Self-Judgement, Interpersonal Relationships

Construal Level and Self-Judgement in Interpersonal Relationships

Construal level refers to viewing events or experiences through varying levels of abstraction (Gong & Medin, 2012). The same researchers defined construal level as consisting of two levels: high-level construal and low-level construal. High-level construal focuses on viewing events or experiences in terms of the “bigger picture”. In other words, how will this event or experience benefit you in the long run? Low-level construal focuses on viewing events or experiences through their many details in the current moment. These two levels of thinking have been shown to influence many everyday decisions that people make. Specifically, high-level construal has been linked to harsh judgement of moral transgressions including transgressions between those in a close relationship (Eyal, Liberman & Trope, 2008). Construal level also determines whether people gravitate towards having self-improvement vs. self-protection goals. According to an article written by Freitas, Gollwitzer and Trope in 2004, focusing on low-level experiences encourages the pursuit of comfortability, therefore the preference for self-protection goals. The same article highlights the idea that high-level, or abstract experiences encourages the pursuit of better behaviors and experiences in the long-term, therefore promoting an individual’s self-improving goals. Due to the influence that construal level has on moral judgements and judgements of behaviors and one’s actions, this study aims to discover if the same influence is found on judgements of one’s own past negative behavior within interpersonal relationships. For this study, interpersonal relationships are defined as any relationship with someone immensely close to you. It is hypothesized that high-level construal will produce harsh self-judgement of one’s behaviors within their interpersonal relationships

Construal Level and Moral Judgement

Construal level is viewing an event or experience at varying levels of abstraction (Gong & Medin, 2012). Events or experiences can be viewed either abstractly or concretely. Within construal level theory, the way one views these events or experiences is categorized into high-level construal (abstract) or low-level construal (concrete). Construal level and the ways that construal level is manipulated on an everyday basis contributes to how people behave, interact with others, view their own personal experiences, etc. A lot of research indicates that construal level and the manipulation of construal level influences the severity of judgement in moral situations. These judgements can be of moral situations ranging from small behaviors such as telling a lie to something as big as committing murder. Evidence of the influence that construal level has on moral judgements is found in a study done by Eyal and colleagues (2008). This study explores the relationship between construal level and psychological distance and how that distance influences judgement. This article defines psychological distance as “events that one does not experience directly as they are placed further in time, are hypothetical, or do not experience as they are experiences of someone else” (Eyal et. al. 2008). In this study, researchers sought to discover if moral judgement would be harsher if the event being judged was psychologically distant rather than near. In this study, construal level was manipulated by having participants read a potentially immoral scenario such as someone cheating in a relationship. The scenario was followed by two words that either referred to the general moral rule (high-level) or one that referred to the specifics of the scenario (low-level). For example, the words would be “breach of trust” (high-level) or “extramarital affair” (low level). Participants imagined the scenario happening tomorrow or next year and then chose which word described the scenario best. Researchers found that those manipulated into high-level construal and therefore told to

imagine the scenario happening a year from now, judged the scenarios more harshly than those manipulated into low-level construal. This study implies that people rely on moral implications and rules more heavily when given a chance to think about the future consequences or impact of the action. Having additional context leads people to view the situation as a one-time event, which ultimately leads to less severe judgements.

Researchers Gong and Medin (2012) found results that conflict with Eyal's conclusion that high-level construal produces harsher judgments. This study aimed to discover if construal level will influence moral judgement in college students. Like the Eyal et. al. study, participants read scenarios of potential immoral behaviors and rated how acceptable they felt the behavior was. Construal level manipulation differed in this study as participants completed a series of why/how questions, why manipulating them into high-level construal and how manipulating them into low-level construal. These questions included why or how one might improve and maintain health. Participants randomly received the manipulation to ensure random assignment. Although the methods were like those of the study done by Eyal and colleagues, results differed vastly. Gong and Medin found that when primed to exhibit low level construal as opposed to high level construal, participants judged moral scenarios more harshly. They also found that this judgement remained the same when asked to judge a scenario where the behaviors described are considered morally right by the general public. Therefore, participants judged morally right scenarios as more virtuous when manipulated into low-level construal as opposed to high-level construal. The conflicting results of these two studies were intriguing as most research done on construal level depicts high-level construal as producing harsher moral judgement. The conflict in results of the two studies imply that although construal level may influence moral judgements, not everyone is going to think the same while under high-level construal or low-level construal

manipulation. In the case of the Gong and Medin study, high-level construal did not produce harsh moral judgement of scenarios, even when those scenarios did not necessarily line up with one's own moral beliefs. Therefore, one may look to contextual evidence to solidify their judgements of a scenario. Participants in Eyal study were able to pass off the contextual information as a "one time occurrence" and deem it less important to a person's character than the information given in the high-level descriptions which held more importance to their overall judgement. This shows that how one utilizes their high-level thinking differs person to person.

The influence that construal level has on moral judgement has also been examined in terms of perspective. As previously discussed, people construe events in the distant future more abstractly, but construe events in the near future more concretely. This idea also works when discussing social distance and construal level. How close one feels to someone exhibiting a behavior may determine how that behavior is judged. If someone who is socially distant performs an immoral act, that act may be judged harsher than if it had been performed by someone socially close to that person. Evidence for this is shown in a study done by Agerström, Björklund and Carlsson (2013) in which participants received two scenarios of potentially immoral behaviors in which they envisioned the scenario being done through either a first-person or third-person perspective. Once completed, participants judged how bad they thought the behavior was. Researchers found that participants were more likely to harshly judge the scenarios if they were viewing it through the third-person perspective rather than the first-person perspective. The results of this study implicate that people seem to judge others much more harshly than they judge themselves. One may find it easier to judge a moral scenario more harshly if they are not made to be the one performing the act. This may be a tactic of self-

preservation or simply because people do not wish to confront a possibility that they can exhibit immoral or negative behaviors.

Construal Level and Self-Improvement vs. Self-protection Goals

The idea of self-preservation in relation to judgement and construal level ties into findings that construal level influences self-improvement goals. Studies have shown that high-level construal promotes self-improving behaviors (Freitas et. al. 2004). Those with self-improvement goals seek to better themselves in any given aspect of life in order to benefit their future, near or far. Low-level construal, on the other hand, promotes self-protecting behaviors. Self-protection is one's desire to maintain a positive outlook on themselves and their overall self-esteem. For example, someone who exhibits self-protection goals may only commit to completing tasks that they know they will do well whereas someone who exhibits self-improvement goals may seek to find difficult tasks in hopes of bettering their skills.

Evidence regarding the influence of construal level on self-improvement vs. self-protection goals can be found in a study done by Freitas, Gollwitzer, and Trope, (2001). Researchers hypothesized that construal level would influence one's aim for positive or negative feedback about the self. In one part of the study, participants were asked to fill out a Behavior Identification Form (BIF) as well as a self-esteem questionnaire. The BIF used in this study asked participants to read about an action and then circle one of two identification words that they feel best describe the action. For example, for the action of voting, high-level identification would describe the action as "influencing an election" whereas low-level identification would describe the action as "marking a ballot". High-level identification stems from high-level construal as it leans more towards abstract thinking. Low-level identification is most like low-level construal as it focuses more on concrete thinking. After completing the BIF, participants

received a survey that measured their desire for upward (self-improving) vs. downward (self-protecting) social comparison in a bowling scenario. According to the study, upward comparison refers to participants willing to compare themselves to those better than them at a task in hopes that they can learn new skills that will benefit their overall self-improvement. Downward comparison refers to the participants' willingness to only compare themselves to those worse at a task as they will perceive themselves as better and therefore maintain their overall self-esteem and satisfy their self-protection goals. Results indicated that those who scored higher on the BIF and therefore were more likely to think abstractly, preferred upward comparison as opposed to downward comparison. In other words, when put in a scenario where they could either be the best at something or paired with someone who is better at a task, they preferred the latter. This would allow the participant to learn from someone who is more skilled in an area, hence improving their own skills. The relationship between the BIF scores and preferences for upward comparison or downward comparison parallels the influence that high-level construal or low-level construal has on self-improvement or self-protection goals. More specifically, upward comparison was represented by more high-level identifiers on the BIF whereas downward comparison was represented by more low-level identifiers. This study highlights the idea that high-level vs. low-level construal influences how one would decide to exhibit self-improvement behaviors over self-protection behaviors. Thinking abstractly or in terms of the bigger picture would force someone to be very cautious about the decisions that they make, as it could affect their future. For this reason, it makes sense that people focus on improving themselves and their behaviors in preparation for their future endeavors. Someone who is thinking more concretely would not bother with thinking about the future and would therefore prefer to maintain their self-view in the present moment.

This influence of construal level on self-improvement vs. self-protection goals also reflects onto expectations of the goals of others. It may be easy if one thinks either abstractly or concretely to assume that everyone else thinks the same. Studies have shown that this influence transfers over onto how one perceives the goals and expectations of others. If one person favors self-improvement goals and negative feedback, it is perceived that most people would benefit from having the same goals and therefore would prefer to exhibit self-improving behaviors. This effect would be the same for those with self-protection goals. A follow-up study done by Freitas, Gollwitzer and Trope (2004) sought to discover if construal level would influence participants' anticipations of others self-regulatory goals. In this study, participants answered on behalf of high-school students as to whether students would prefer negative vs. positive feedback on their schoolwork as well as whether the students would prefer feedback on their strengths vs. their weaknesses. Participants answered their perceived goals for students after being manipulated into a construal level. Results indicated that those manipulated into high-level construal activated more self-improving goals which led them to anticipate that students would appreciate negative feedback on their schoolwork, as well as feedback regarding their weaknesses. This feedback would allow students to reflect on what they could do better and therefore incite self-improving behaviors. Those manipulated into low-level construal activated more self-protection goals which led them to anticipate that students would appreciate positive feedback on schoolwork as well as feedback regarding their strengths. The implication of this study is that high-level construal leads people to opt for the harsher truth or willingly place themselves in situations where feedback that they receive, good or bad, will be viewed as beneficial for their overall growth. Low-level construal motivates people to stay away from situations where their self-esteem may be harmed.

One important factor to consider when examining the influence of construal level on self-improvement vs. self-protection is how relevant the area of improvement is to an individual. One's desire to improve in a certain field may only be driven by how important that field is to them. For example, someone who is looking to be an educational psychologist in the future may be more inclined to do well in an education class than someone who desires a different career path, but simply needs the general credits. Regarding self-protection, if one does not deem themselves to carry a certain behavior trait, they may not care if someone else thinks that they carry that trait. For example, if one does not think of themselves as selfish, they may not feel the need to defend themselves against someone who thinks that they are selfish. Evidence of this can be found in a study done by Belding, Naufel and Fujita (2015). In this study, researchers aimed to discover if high-level construal would influence self-change over self-protective motives, especially when change is made possible. This study recruited participants who frequently tanned. Participants first completed a construal level manipulation and then read articles on the risks of tanning. Participants also received articles that suggested the possible prevention of risks that comes from tanning (i.e. use of sunscreen vs. ethnicity). Participants then reported how likely they were to change their tanning behaviors. Researchers found that participants manipulated into high-level construal were more likely to change their tanning behaviors than those in low-level construal. This influence was stronger when the change in behavior was considered possible. These results imply that high-level construal may only influence the self-improvement in behaviors if the change is perceived as relevant to one's goals or desires. In the case of the study mentioned, tanning was important to all participants, therefore targeting a potential change in behaviors. The implication of these findings points to the idea that if one does not perceive a need to change behaviors or is not facing a threat to their overall wellbeing or

relationships due to a specific behavior, they may not feel the need to involve themselves in self-improving behaviors or self-protecting behaviors. This possible need, however, to involve oneself in self-improving behaviors or self-protecting behaviors may determine their behaviors towards others. Someone looking to self-improve may be nicer to someone who they were previously mean to whereas someone exhibiting self-protecting behaviors may doubt ever being mean to someone or avoid interaction altogether.

Construal Level and Behaviors in Interpersonal Judgements

One's desire to self-protect or self-improve may be involved in the judgements that they make towards others. The influence construal level has on how people judge those who they deem similar to themselves can be applied to how people practice agreeableness with others. Construal level, especially low-level construal, has shown to initiate alteration in opinions of someone who deems themselves similar to another person in order to match that person's views. This was shown in a study done by Ledgerwood, Trope and Chaiken (2010) where they tested whether evaluations of a here and now situation vs. a distant situation would show to be easier influenced by the response of an incidental individual. In this study, participants provided their opinion on a given topic before and after receiving a description of an individual made to seem similar or dissimilar to the participants as well as their opinion on the same topic. The description of the individual acted as the construal level manipulation in that it created a level of social distance. Results indicated that when manipulated into low-level construal through temporal distance, participants were more likely to alter their attitudes or opinions on topics such as physician-assisted suicide to match that of the person they deemed similar to themselves. Participants did not shift opinions on serious topics such as voting, perhaps because they considered those topics to be more high-level or distant. This study implies that low-level

construal makes people more likely to modify opinions to match those of someone similar. Low-level construal tends to leave room for influence from the outside environment possibly because it does not seem to impact a distant future when presently thinking about it. When made to think more abstractly one would consider the general influence that certain opinions may have over a longer period of time and therefore, would not be so easily influenced by outside factors.

Additionally, one may place lesser weight on factors, such as behavior, when said behavior is performed by someone deemed similar to oneself. The idea of placing less moral weight on behaviors performed by similar others has been exhibited in many studies.

A study done by Liviatana, Trope and Liberman (2008) sought to discover if similarities or dissimilarities between oneself and another person would influence the features by which they judged the others' actions. In this study, researchers focused on low-level, subordinate features, such as how someone performs an action. They also focused on high-level superordinate features such as why someone performs an action. Participants received a manipulation condition in which they were deemed similar or dissimilar to a target by matching classes previously taken by the target to classes they had also taken or were currently taking. For this study, more matches indicated higher similarity and less matches indicated less similarity. After the manipulation, participants identified behaviors supposedly performed by the target, which were pulled from the Behavior Identification Form (BIF). Researchers found that those made to seem more similar to the target were more likely to identify lower level behaviors, such as locking a door by putting the key in the lock as opposed locking the door to secure a house, as a behavior to be performed by the target. This implies that people prefer to assume low-level behaviors to be performed by those similar to themselves to place lesser weight on the behaviors if they themselves were to perform it. This is congruent with the findings of the Agerström study (2013) which focused on

judgement and construal in that when asked to view moral behaviors through first person perspective, people will place lesser weight on a potentially immoral behavior. What the Liviātana study as well as the Agerström study aimed to explore is how this logic pertains to negative behaviors one has already performed themselves. Will construal level have a similar impact on moral judgements of people's own negative behaviors as it has on their judgements of others' negative behaviors? The Liviātana study also puts a focus on seemingly positive behaviors or actions of the target, such as locking a door. This leaves the question of whether the results of this study that participants associated low-level behaviors to those deemed similar to themselves would differ had the information been focused on negative behaviors or actions. Therefore, in the context of asking oneself to identify their own negative behaviors or actions, will they then be more focused or reflective on construing information more abstractly?

Present Research

The goal of this study is to further examine the influence that construal level has on judgements of behaviors within interpersonal relationships. Most of the research on this topic centers around the judgements of the others' behaviors. These judgements focus on moral behaviors or how people wish to either improve or protect themselves. Sorting through this research left room for questions regarding how construal level will influence how one judges themselves when asked to reflect on their own negative behaviors within interpersonal relationships. Therefore, this study questions whether construal level will influence self-judgement in interpersonal relationships. Due to the influence that construal level has on judgement of others as well as its influence on self-improving goals, it is hypothesized that high-level construal will produce harsher self-judgement of behaviors within their interpersonal relationships.

Method

Participants

This study recruited 124 participants through the online service, M-Turk. This service is a platform where individuals can partake in surveys in exchange for monetary compensation. Participants were compensated according to the prorated federal minimum wage of \$7.25/hr. Nineteen participants were excluded due to insufficient responses on the self-judgement measure. One participant was excluded because they did not complete the construal level manipulation. This study had an age requirement where all participants must be 18 years of age or older in order to participate. The average age of participants was 36 years old. For this study, exactly 56 participants identified as male, 43 participants identified as female, and four participants identified as other/prefer not to say.

Materials

All materials for this current study were distributed through the computer based Qualtrics system.

Construal Level Manipulation: Why vs. How (Gong & Medin 2012). A why vs. how task was used to manipulate construal level in participants. This manipulation required participants to repeatedly explain why or how they reach a certain goal. Participants were given a starting statement of “improve and maintain health”. Based on this, they then stated why or how they would reach this goal. Participants expanded upon each answer they give. For example, if one answered that they would improve and maintain their health by going to the gym, they were then asked to expand on why or how they would do that. This process was repeated four times. The why manipulation was used to manipulate participants into the high-level construal category. The how manipulation was used to place people into the low-level construal

manipulation. A copy of this manipulation can be found in Appendix A.

Self-Judgement Measure. A self-judgement measure was created to measure participants' judgement of their negative behaviors within their interpersonal relationships. This measure consisted of five prompts including: "Remember a time when you judged opinion of someone close to you because it differed from yours", "Remember a time when you were dishonest with someone close to you in order to protect yourself", "Remember a time where you purposefully hurt the feelings of someone close to you", "Remember a time when you reacted badly to honest feedback from someone close to you", and "Remember a time when you judged someone too quickly". Participants were then asked to write a few sentences about each event as well as the motivation behind their behaviors. After completing this free response, participants rated the described behavior on a 5-point Likert scale (1-extremely unacceptable, 2-unacceptable, 3-neutral, 4- acceptable, 5-extremely acceptable). A copy of the self-judgement measure can be found in Appendix B.

Demographics Survey. A demographics survey was created for participants to record their age and gender. A copy of the demographics survey can be found in Appendix C.

Procedure

Participants were recruited via Mechanical Turk which redirected them to the survey platform Qualtrics to complete the study. Participants first completed an informed consent form. This form gave a brief description of the study as well as what was expected of the participant. The age requirement of this study was 18 years of age or older. After consenting to the study, Participants proceeded to the manipulation task. Qualtrics randomly assigned participants to either why or how manipulation task. After completing the manipulation task, participants

moved on to the self-judgement survey. Participants answered to the 5 prompts regarding negative behaviors they exhibited within an interpersonal relationship. Following each prompt, they were asked to rate their behavior on a scale of 1- extremely unacceptable to 5- extremely acceptable. Lastly, participants completed a short demographics survey. Once all tasks were completed, participants were shown a screen with a brief debriefing statement where they were thanked for their time. Compensation was given following the completion of the study.

Results

A descriptive analysis was run to determine the average score on the Self-Judgement measure ($M=3.05$, $SD=0.79$). Average age of participants was 36 years old ($M=36$, $SD=10.26$). For this study, exactly 56 participants identified as male, 43 participants identified as female, and four participants identified as other/prefer not to say. An independent sample t-test was used to determine whether those in the high-level construal condition made harsher self-judgments than those in the low-level construal condition. Contrary to my hypothesis, there was not a significant difference in self-judgement scores between those in the high-level construal condition ($M=3.054$, $SD=0.70$) and those in the low-level construal condition ($M=3.045$, $SD=0.90$), $t(99) = -0.06$, $p = 0.955$., $d = -0.01$, 95% CI [-0.40, 0.38].

Discussion

The purpose of this study was to determine whether construal level influences self-judgement of behaviors within interpersonal relationships. Specifically, it was hypothesized that high level construal, as compared to low-level construal, would lead to harsher self-judgement of past behaviors within interpersonal relationships. Previous research determined that high-level construal led to harsher judgement of others' moral behaviors. This study took these findings one

step further by examining whether this influence remains the same when asked to judge one's own negative behaviors. Results of the study determined that there was no difference in how participants judged their negative behaviors within their relationships based off high-level or low-level construal. These findings show that despite any given condition of construal level, participants were not inclined to harshly judge their own past negative behaviors within their interpersonal relationships, since on average, most scored within the mid-point on the self-judgement measure. Even when given the opportunity to acknowledge a negative behavior and reflect on it, participants for the most part were able to justify their behavior. These findings are inconsistent with previous research that suggests that high-level construal produces harsher moral judgement of given behaviors. For example, a study done by Eyal and colleagues (2008) found that when actions were described using words associated with high-level construal rather than low-level construal, participants judged those actions more harshly. The findings of the current study are consistent with the findings of a study done by Agerström and colleagues (2013) in which researchers found that participants were more inclined to judge one's actions more harshly if they were asked to view the action from a third-person point of view rather than the first-person. Although these findings are relevant to past research, it was the researcher's assumption for the current study that the findings of the Agerström study would not apply to this scenario, as participants were asked to describe personal negative behaviors of the past that they inflicted onto others.

Limitations

The current study was not without limitations. One limitation that could have influenced results is the lack of control over what experiences participants chose to describe when asked to write about their past bad behaviors. This is noteworthy as some participants may have felt

inclined to mention only minor bad behaviors. Had participants been prompted to maybe imagine themselves performing a negative behavior and describing their feelings towards it, there may have been uniformity among responses. Another limitation to this study was the lack of control for honesty in recalling past negative behaviors. It is possible that participants may have downplayed their past behaviors or not described the event as it truly happened. Participants completed this study online which limited control for any technical errors or clarifications surrounding the study materials. Any confusion regarding the construal manipulation could have influenced the effectiveness of the manipulation which in turn would influence the responses on the self-judgement measure.

Future Directions

Future research on this topic can focus on the motivation behind harshly judging past behavior. Previous research indicates that high-level construal promotes self-improvement goals which would imply that those manipulated into high-level construal would be more likely to want to improve from past behaviors. Therefore, future research can somehow measure if participants under the same construal level manipulation would report that they would be more likely to change their behavior if a similar situation were to arise. Future research may also benefit from measuring the impact of the participants' behavior by recording the opinion of the other party in the situation. This can help weigh the severity of the behavior and how harsh the behavior felt to the target vs. how the participant described it while under the construal level manipulation. This may also be done by having future researchers code written responses to check for how the severity of the behaviors described differed between conditions. It is to be assumed that high-level construal would lead to more severe recollections as opposed to low-level construal. For example, in the current study, participants manipulated into low-level

construal described a situation where they lied to their mom about driving in a snowstorm when asked to describe a time in which they lied to someone close to them. This seemingly minimal scenario differs from someone in high-level construal who described a time of having Lap-Band surgery without telling their mom because their mom was against weight-loss surgery. These descriptions between differing construal-levels are vastly different in severity. This coding may also be used to view the differences in the accountability or motivation behind said behaviors between conditions. As previously stated, understanding the motivation behind said behaviors may point to the participants' overall desire to improve past behaviors.

Implications

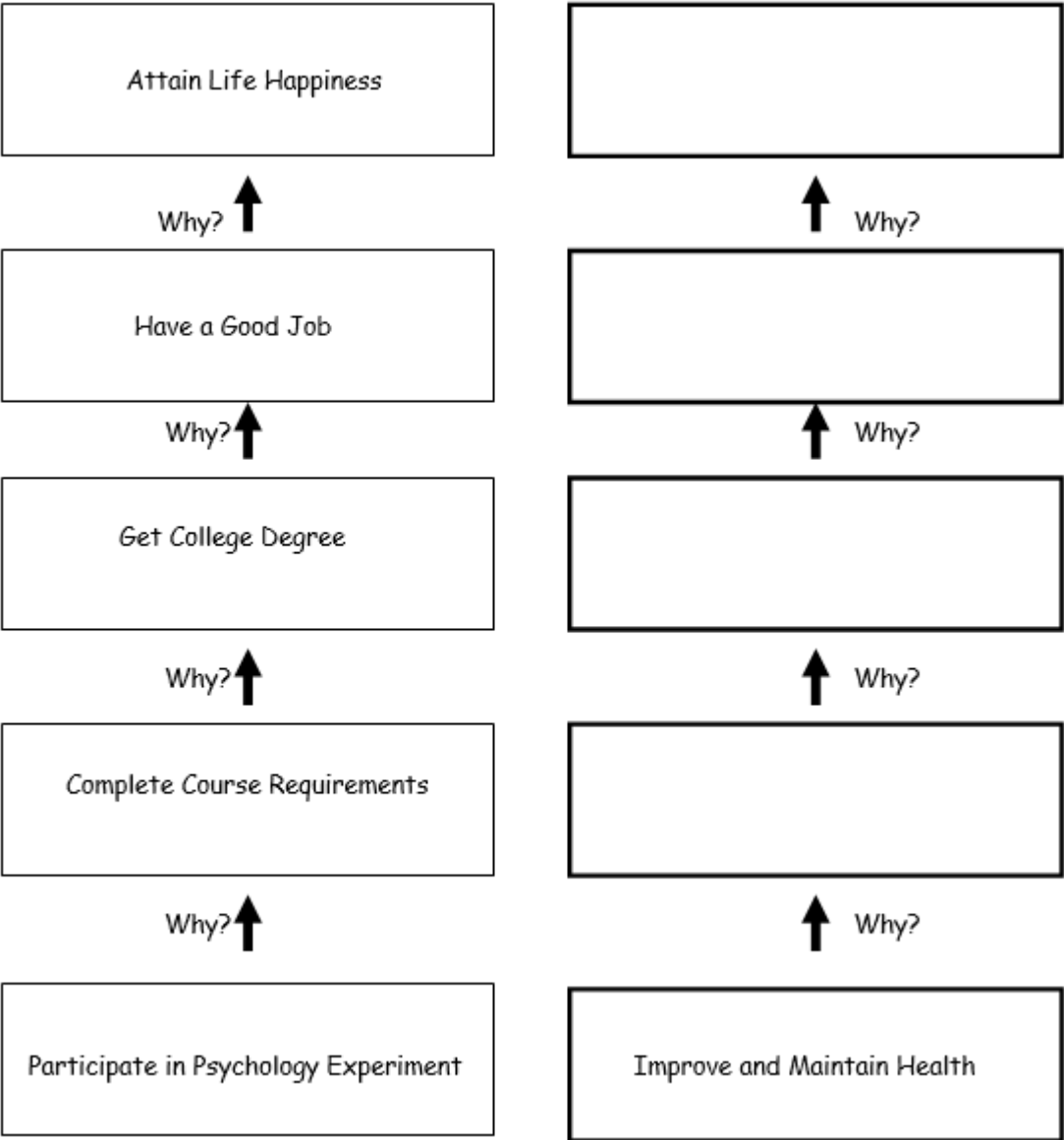
The results of this study, although insignificant, may still be able to give people insight into their behaviors in their relationships which, in turn, can give them the opportunity to correct the way that they interact with people. Since the results of the current study were inconsistent with past research that high-level construal leads to harsher moral judgments, it may be important to figure out what drives the justification of one's behaviors, even if said behavior is harmful to others. By understanding the severity of behaviors that people perform throughout their interactions with others, especially those in relationships, as well as the hesitation to judge oneself accurately, it may give insight into why relationships fail or succeed. This study is important to those who wish to practice more honesty with themselves and others when it comes to identifying potential toxic behaviors.

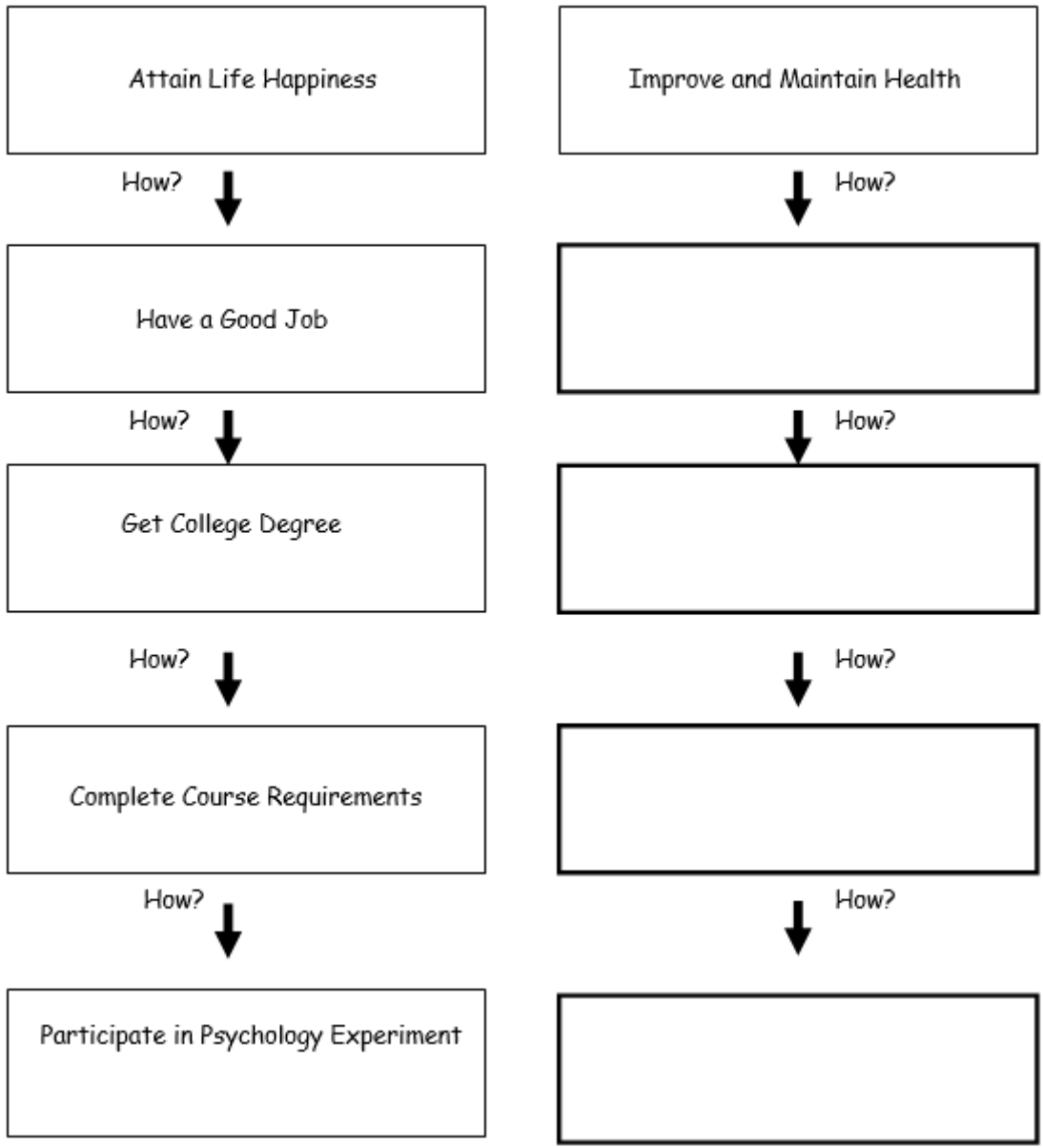
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Appendix A

Construal Level Manipulation: Why/How Task





Appendix B

Self-Judgement Measure

This section of the study will require you to reflect on past interactions with someone close to you and ask you to briefly describe your behaviors based on the given prompt. Please answer the questions as best as you can.

1A. Remember a time when you judged opinion of someone close to you because it differed from yours

Please write a few sentences about what you did and the motivation behind your behaviors

1B.

	Extremely Unacceptable (1)	Unacceptable (2)	Neutral (3)	Acceptable (4)	Extremely Acceptable (5)
Looking back on the event, how acceptable was your behavior? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2A. Remember a time when you were dishonest with someone close to you in order to protect yourself

Please write a few sentences about what you did and the motivation behind your behaviors

2B

	Extremely Unacceptable (1)	Unacceptable (2)	Neutral (3)	Acceptable (4)	Extremely Acceptable (5)
Looking back on the event, how acceptable was your behavior? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3A. Remember a time when you purposefully hurt the feelings of someone close to you

Please write a few sentences about what you did and the motivation behind your behaviors

3B.

	Extremely Unacceptable (1)	Unacceptable (2)	Neutral (3)	Acceptable (4)	Extremely Acceptable (5)
Looking back on the event, how acceptable was your behavior? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4A. Remember a time when you reacted badly to honest feedback from someone close to you

Please write a few sentences about what you did and the motivation behind your behaviors

4B.

	Extremely Unacceptable (1)	Unacceptable (2)	Neutral (3)	Acceptable (4)	Extremely Acceptable (5)
Looking back on the event, how acceptable was your behavior? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5A. Remember a time when you judged someone too quickly

Please write a few sentences about what you did and the motivation behind your behaviors

5B.

	Extremely Unacceptable (1)	Unacceptable (2)	Neutral (3)	Acceptable (4)	Extremely Acceptable (5)
Looking back on the event, how acceptable was your behavior? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Appendix C

Demographics Questionnaire

Please state your age

What is your gender?

- Male (1)
- Female (2)
- Non-Binary (3)
- Prefer not to say (4)