

THE PERCEPTIONS AND AWARENESS OF REJECTED FEELINGS: THE SELF OR  
OTHERS?

by

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### Abstract

Studies have examined broad ideas regarding rejection sensitivity, such as where it stems from, the traits and emotions that comes with rejection sensitivity, and the consequences it has for individuals who are high in rejection sensitivity (HRS). Similarly, it has looked at the intimate relationships and bonds they create. This current study examined the association between rejection sensitivity and empathy. Specifically, since this was a combined study, we wanted to look at how rejection sensitivity can help or hinder one's ability to empathize with others and to perceive the presence of rejection for others in ambiguous situations. In a correlational study, participants were asked a series of questionnaires examining their level of empathy, neuroticism, rejection sensitivity, as well as their perceptions of various negative social situations. Results showed that individuals who were HRS had a greater awareness of rejection emotions in another person. Similarly, results showed that neuroticism predicted greater awareness of rejected feelings in another person as well. It was hypothesized that this study would be an important step in understanding how certain personality traits lead to responses in social interactions.

*Keywords: Rejection Sensitivity, Ostracism, Emotions, Empathy, Social situations*

### The Perceptions and Awareness of Rejected Feelings: The Self or Others?

Humans have a fundamental need to belong. Along with the need to belong, we have a motivation to form strong bonds to help with this need to belong and we sometimes feel rejected when these needs aren't met. When it comes to rejection, everyone experiences it differently. Some respond with sadness or hostility while others do not respond at all. Research has looked into rejection and more specifically rejection sensitivity and the consequences it has had on creating and maintaining strong bonds with significant others (Downey et al., 1997).

As previously stated having the need to belong is a fundamental need for humans, and this need provides motivation for humans to form strong bonds. When this feeling of belongingness or acceptance is not met, some individuals experience feelings of loneliness and depression (Zimmer-Gembeck, Trevaskis, Nesdale & Downey 2014). Studies have suggested that there are individuals who experience more intense emotions than others such as anxiety, depression, and anger when triggered by the perception of rejection, which is a trait known as rejection sensitivity (Downey et al., 1998). Individuals who experience these more severe emotions are said to be high in rejection sensitivity. These individuals typically experience these emotions prior to the occurrence of rejection, and even have a prior expectation of rejection before a situation occurring. Downey and Feldman (2006) more concretely define these rejection sensitive individuals as individuals who readily perceive, expect and overreact to rejection.

Many studies have examined how rejection sensitivity negatively affects interpersonal relationships and social bonds. Researchers have specifically examined negative effects in relation to romantic relationships, friendships and parental relationships. Studies have used different scales in order to measure the different levels at which people vary in their sensitivity to

rejection. The most commonly used scale is the Rejection Sensitivity Questionnaire (RSQ) (Feldman & Downey, 1996). This measure operationalizes rejection sensitivity as generalized expectations and anxiety about whether significant others will meet one's needs for acceptance or will instead be rejecting. Responses to the questions provided in the questionnaire allowed researchers to determine where a participant fell (on the high or low end) with regard to sensitivity to rejection.

Research has investigated what exactly leads to high levels of rejection sensitivity in individuals. It has been suggested that past experiences of rejection (from parents, romantic partners, etc.) play a large role in high rejection sensitivity. This also includes bullying and teasing, specifically, throughout early childhood (Butler, Doherty & Potter, 2007). Research has also suggested that both genetic and environmental components may predispose individuals to develop rejection sensitivity (Gillespie, Johnstone, Boyce, Heath, & Martin, 2001). Each of these components have negative consequences in relation to creating and maintaining future relationships.

As previously discussed, studies have shown that there are many consequences of rejection sensitivity. Many of these consequences stem from how a high rejection sensitive (HRS) individual reacts to anticipated rejection. Research has shown that these reactions to rejection typically include include hostility, loneliness, aggression, and depression (Butler, Doherty & Potter, 2007). Although these are general consequences, research does suggest that high rejection sensitive individuals may show less of a bad reaction when they feel accepted. In instances where one's interpersonal relationship always satisfies their need for acceptance, these reactions and consequences are not as heightened; Whereas when one's interpersonal

relationship does *not* meet their need for acceptance, these reactions of rejection sensitivity previously discussed such as hostility, loneliness, aggression and depression have been shown to be heightened and even sometimes cause these individuals to seek out new relationships or attempt to repair the damaged ones (Peters, Eisenlohr-Moul & Smart 2015).

One study examined the differences in how high rejection individuals go about forming intimate relationships, and discovered through other studies that though individuals with rejection sensitivity readily perceive, expect and overreact to rejection, there are some individuals who are more likely to steer clear of rejection by distancing themselves from others (Downey et al., 1997). Researchers also found in this study that others do not necessarily *seek* for social and intimate bonds, however they believe that if that if they unintentionally come across one of these bonds, it will be with unconditionally accepting and reassuring partners. It was hypothesized that this occurs as a result of early parental rejection.

Research has also shown that individuals with rejection sensitivity are more likely to distance themselves and avoid seeking social and intimate bonds. High rejection sensitivity has had negative effects and consequences because in both situations these individuals avoid the presence of rejection and create bonds around it. As a result, this leads to individuals engaging in a pattern of hostile, aggressive, and depressive behaviors when the potential for intimate bonds come along (Zimmer-Gembeck, Trevaskis, Nesdale & Downey 2014).

Another study in relation to rejection sensitivity was conducted with a sample of college students in order to see which personality traits correlated with rejection sensitivity (if any). They were administered different measures such as personality traits and characteristic(s) scales

that were hypothesized to be correlated with rejection sensitivity. One specific measure that they included in this study was the Interpersonal Adjective Scales Revised Big 5 (IASR-B5). This measure was used to examine which personality trait out of the Big 5 significantly correlated with rejection sensitivity. Researchers found a significant positive correlation between the RSQ and neuroticism (Brookings, Zembar & Hochstetler, (2002).

Previous research has brought on the current research question in hopes to find answers to: Is rejection sensitivity a feeling that is primarily thought about (or felt) in relation to the self? Can it be thought about in relation to the feeling(s) or emotion(s) of others? Much of the current research on rejection sensitivity has failed to examine if rejection sensitivity is solely a *self* felt experience. It has also failed to examine one's awareness of rejected feelings. Rejection sensitive individuals may either be specifically aware of rejection only in relation to the self or show a heightened awareness of potential rejections of others as well.

In the present research, we examined the awareness of rejected emotions in another person by having participants complete measures of a replication of Adult Rejection Sensitivity Questionnaire, the Hypothetical Ambiguous Situations Questionnaire, and a revised replication of Goldberg's Big Five Questionnaire (specifically looking at neuroticism). It was hypothesized that individuals who are high in rejection sensitivity are more likely to be aware of feelings of rejection in another person as opposed to individuals who are low in rejection sensitivity. Specifically, since this was a combined study we wanted to look at how rejection sensitivity can help or hinder one's ability to empathize with others and perceive the presence of rejection for others in ambiguous situations. Also based on previous research findings, it was hypothesized

that individuals high in neuroticism will also be more likely to be aware of feelings of rejection in another person in comparison to those low in neuroticism.

## **Method**

### **Participants**

Participants ages 18 and over were recruited from both the Purchase College Psychology Participant Pool and Amazon's Mechanical Turk. For the Psychology Participant Pool sample, 75 participants were recruited and had an average age of 19 ( $M = 19.93$ ,  $SD = 4.81$ ). Thirty percent of the sample were male and 66% were female. For the Mechanical Turk sample, we had 400 participants were recruited and had an average age of 35 ( $M = 35.76$ ,  $SD = 10.88$ ). Sixty-four percent of the sample were male and 35% were female and 3% preferred to indicate another identity (non-binary, binary). For our demographic information we provided six races/ethnicities including: White/Caucasian, Hispanic/Latinx, Black/African American, Asian/Pacific Islander, East Asian/Indian and prefer to indicate other. For both samples, most participants identified as White/Caucasian with 55% of the Participant Pool participants and 67% of the Mechanical Turk participants identifying as White. The second highest racial identity reported was Hispanic/Latinx for the Psychology Participant Pool having 28% reporting this as their racial identity. Amazon's Mechanical Turk's second highest racial identity reported was Black/African American with 19.3%. The third highest racial identity reported for the Psychology Participant Pool was 8% identifying as Black and African American and 5% identifying as Asian from the Mechanical Turk sample. With regard to compensation, participants who were recruited from the Psychology Participant Pool received 1 participation

credit and participants who were recruited from Amazon's Mechanical Turk were compensated with \$2.00. The study took approximately 10-15 minutes for participants to complete.

### **Procedure**

All data collected in this study was retrieved through Qualtrics. Participants were first administered the informed consent. They then were provided with four measures/questionnaires, a demographics questionnaire, and lastly a debriefing. With regard to the four questionnaires, the first questionnaire was a replication of the Adult Rejection Sensitivity Questionnaire (Berenson et al., 2013) in order to measure participants' sensitivity to rejection. In particular, participants were provided with nine interpersonal situations which asked participants about their anxiety and anticipation of rejection in each scenario. Participants were then instructed to rate their level of anxiety and concern about the situation on a scale from 1 (very unconcerned) to 6 (very concerned) as well as their expectations of acceptance in the scenario on a scale from 1 (very unlikely) to 6 (very likely) (see Appendix A).

Second, participants completed the Interpersonal Reactivity Index (Davis, 1980; 1983) in order to measure one's trait empathy through use of 28 statements, which was merged in for purposes of another research study (see Appendix B).

Third, participants were given a Hypothetical Ambiguous Situation Questionnaire designed for this study by the researchers. Participants were provided with five ambiguous situations. These situations consisted of scenarios in which a friend or a loved one was depicted in everyday negative situations and participants were instructed to rate their level of agreement on a seven-point Likert-type scale. Throughout these five scenarios, three situations were somewhat "ambiguous" but could be perceived as a situation containing ostracism or rejection.



Two scenarios were negative, but non-related to ostracism or rejection. Some of the potential situation descriptions may include a forgotten anniversary, a bad grade, being left out of a group, etc. Situations were only mildly negative in nature and were always to be imagined as occurring to another individual. The “rejection” situations were always ambiguous in that they did not reflect outright rejection (in other words, no insults or explicit negativity from others) but could be perceived as rejecting by some individuals. Participants were instructed to rate to what extent they think the person in the situation would feel eight emotions (Lonely, Sad, Hurt, Anxious, Peaceful, Independent, Confident, Indifferent) on seven-point Likert-type scales (see Appendix C).

Lastly, because neuroticism has been found to correlate with rejection sensitivity, participants were given a shortened replication of Goldberg’s Big Five questionnaire (John & Srivastava, 1999) where they read eight neuroticism statements and rated their level of agreement on seven-point Likert-type scales (Appendix D). Finally, participants reported demographic information including age, gender and ethnicity.

## Results

Scores on the ARSQ, the neuroticism scale, and the emotion ratings on the Hypothetical Ambiguous Situations Questionnaire were analyzed using a correlational regression analysis. For the results, we separately examined data from the Purchase College Psychology Pool and Amazon’s Mechanical Turk. In the Purchase College Psychology Pool sample, there was a significant linear relationship between rejection sensitivity and greater awareness of rejected feelings,  $r(73) = .263, p = .023$ , as predicted. As found in previous research, the results showed that there was a significant linear relationship between rejection sensitivity and neuroticism

$r(73) = .262, p = .023$ . Similarly, the hypothesis that neuroticism would predict greater awareness of rejection feelings in another person suggested a positive correlation,  $r(73) = .200, p = .086$  (see Table 1 for descriptive information and correlational results).

For our participants that were recruited from Amazon's Mechanical Turk, scores on the ARSQ, the neuroticism scale, and the emotion ratings on the Hypothetical Ambiguous Situations Questionnaire were also examined using a correlational regression analysis. For these results, research showed mostly positive and significant correlations between all variables (see Table 2). The hypothesis that individuals who are high in rejection sensitivity are more likely to be aware of feelings rejection in another person was supported. The results of a correlational analysis indicated that there was a significant linear relationship between rejection sensitivity and greater awareness of rejection feelings,  $r(398) = .393, p = .001$ . Similarly, there was a significant linear relationship between rejection sensitivity and greater awareness of positive feelings,  $r(398) = .572, p = .001$ . This would indicate that, although these participants were recognizing the rejected feelings within the rejection situations, they were also recognizing positive feelings that the individual in the situation may have been feeling in those situations as well (see Table 2 for descriptive information and correlational results).

### **Discussion**

The main purpose of this study was to examine the association between rejection sensitivity and awareness, and to specifically look at how rejection sensitivity can help or hinder one's ability to empathize with others and perceive the presence of rejection for others in ambiguous situations. The findings from this study provides insight into rejection sensitivity and its relation to empathy, more specifically greater awareness of rejected feelings in another

person. In sample one, the results indicated that there may be a positive linear relationship between individuals who have rejection sensitivity and their ability to be aware and empathize with the feelings of rejection in others as well.

As found in previous research, it was similarly found that individuals who are high in rejection sensitivity also have a high correlation with the personality trait neuroticism. This further indicates that individuals who have rejection sensitivity are also individuals who experience anxiousness, nervousness and irritability. After splitting our samples, one finding that drew concern were the results from the Amazon Mechanical Turk sample. As discussed previously, with this sample all of the results were significant positive correlations. It is not known if these are truly valid results from our participants, or if the participants answered the questions on auto-pilot mode. If this was the case, it suggests that participants were answering the questions without giving them any serious thought or consideration. There was even a significant finding that individuals high in rejection sensitivity and neuroticism had a greater awareness of positive feelings in the rejection situations. Since this was noted as a possible issue, it served as one of the reasons we split the sample.

Participants may have also given answers they believed were socially acceptable (given such social situations) rather than answering truthfully. For instance, all of the situations were social in nature: at work, at home, etc. and in these situations participants were asked to identify how the individual may be feeling in the situation. One rejecting situation in particular included informing one's best friend that their significant other expressed to them that he/she forgot their best friend's birthday. This situation could potentially cause a participant to answer in a socially acceptable way by trying to look at the good and bad emotions that could come from receiving

that information. The socially acceptable answer is both - the best friend *could* feel sad, lonely and upset, but they could *also* feel independent, peaceful, confident and it is socially acceptable to look at it in both ways.

A second limitation of the study is subject fatigue. It is possible that because participants continued to see similar questions over and over, they could have become bored, tired or uninterested and begun to answer the questions without really thinking about them. This may have been because there was a lot of reading and many similar questions to answer. To check for this in future research, an attention check may be a good thing to provide in the study.

Overall, the results from this research have indicated that rejection sensitivity may not just be a “self” thing. This study has shown that individuals high in rejection sensitivity have the ability to empathize with similar feelings in other individuals. This may also serve as a possible solution with creating stronger social bonds. Knowing that individuals who are HRS are able to empathize with rejected feelings of their significant other, this could potentially help strengthen the communication and understanding of one’s emotions in that relationship. Though there is much more research that is needed to be done on this topic, these findings are a start to get a deeper understanding of rejection sensitivity and expand the unknown.

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Tables

Table 1

**Correlation Table for Psychology Participant Pool**

	Rejection Sensitivity	Awareness of Rej.Mood(s)	Awareness of Pos. Mood(s)	Neuroticism	Empathy AVG
Rejection Sensitivity	M = 16.890, SD = 6.224, $\alpha = .872$				
Awareness of Rej. Mood(s)	.263*	M = 5.384, SD = .764, $\alpha = .819$			
Awareness of Pos. Mood(s)	-.048	-.263	M = 3.311, SD = .622 $\alpha = .653$		
Neuroticism	.262*	.200	-.184	M = 4.248, SD = 1.127 $\alpha = .846$	
Empathy AVG	.194*	.131	-.210	.603**	M = 3.208, SD = .553, $\alpha = .736$

Table 1 Notes.  $N = 75$ . \* =  $p < .05$ , \*\* =  $p < .001$ . Descriptive information is on the diagonal.



**Table 2. Correlation Table for Amazon Turk Participants**

	Rejection Sensitivity	Awareness of Rej.Mood(s)	Awareness of Pos. Mood(s)	Neuroticism	Empathy AVG
Rejection Sensitivity	M = 3.677, SD = .921 $\alpha = .917$				
Awareness of Rej.Mood(s)	.393**	M = 5.133, SD = .951 $\alpha = .860$			
Awareness of Pos. Mood(s)	.572**	.083	M = 3.765, SD = 1.501 $\alpha = .950$		
Neuroticism	.257**	.217**	.231**	M = 3.678, SD = 1.426 $\alpha = .892$	
Empathy AVG	.323**	.261**	.137**	.667**	M = 3.059, SD = .711 $\alpha = .805$

*Table 2 Notes.*  $N = 400$ . \* =  $p < .05$ , \*\* =  $p < .001$ . Descriptive information is on the diagonal.

**Appendix A. Adult Rejection Sensitivity Questionnaire**

The items below describe situations in which people sometimes ask things of others.  
For each item, imagine that you are in the situation, and then answer the questions that follow it.

<b>1. You ask your parents or another family member for a loan to help you through a difficult financial time.</b>						
How concerned or anxious would you be over whether or not your family would want to help you?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that they would agree to help as much as they can.	very unlikely					very likely
	1	2	3	4	5	6
<b>2. You approach a close friend to talk after doing or saying something that seriously upset him/her.</b>						
How concerned or anxious would you be over whether or not your friend would want to talk with you?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that he/she would want to talk with me to try to work things out.	very unlikely					very likely
	1	2	3	4	5	6
<b>3. You bring up the issue of sexual protection with your significant other and tell him/her how important you think it is.</b>						
How concerned or anxious would you be over his/her reaction?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that he/she would be willing to discuss our possible options without getting defensive.	very unlikely					very likely
	1	2	3	4	5	6
<b>4. You ask your supervisor for help with a problem you have been having at work.</b>						
How concerned or anxious would you be over whether or not the person would want to help you?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that he/she would want to try to help me out.	very unlikely					very likely
	1	2	3	4	5	6
<b>5. After a bitter argument, you call or approach your significant other because you want to make up.</b>						
How concerned or anxious would you be over whether or not your significant other would want to make up with you?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that he/she would be at least as eager to make up as I would be.	very unlikely					very likely
	1	2	3	4	5	6
<b>6. You ask your parents or other family members to come to an occasion important to you.</b>						
How concerned or anxious would you be over whether or not they would want to come?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that they would want to come.	very unlikely					very likely
	1	2	3	4	5	6
<b>7. At a party, you notice someone on the other side of the room that you'd like to get to know, and you approach him or her to try to start a conversation.</b>						
How concerned or anxious would you be over whether or not the person would want to talk with you?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that he/she would want to talk with me.	very unlikely					very likely
	1	2	3	4	5	6
<b>8. Lately you've been noticing some distance between yourself and your significant other, and you ask him/her if there is something wrong.</b>						
How concerned or anxious would you be over whether or not he/she still loves you and wants to be with you?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that he/she will show sincere love and commitment to our relationship no matter what else may be going on.	very unlikely					very likely
	1	2	3	4	5	6
<b>9. You call a friend when there is something on your mind that you feel you really need to talk about.</b>						
How concerned or anxious would you be over whether or not your friend would want to listen?	very unconcerned					very concerned
	1	2	3	4	5	6
I would expect that he/she would listen and support me.	very unlikely					very likely
	1	2	3	4	5	6

**Appendix B: Interpersonal Reactivity Index****INTERPERSONAL REACTIVITY INDEX**

The following statements inquire about your thoughts and feelings in a variety of situations. For each item, indicate how well it describes you by choosing the appropriate letter on the scale at the top of the page: A, B, C, D, or E. When you have decided on your answer, fill in the letter on the answer sheet next to the item number. **READ EACH ITEM CAREFULLY BEFORE RESPONDING.** Answer as honestly as you can. Thank you.

ANSWER SCALE:

A	B	C	D	E
DOES NOT			DESCRIBES ME	
DESCRIBE ME			VERY	
WELL			WELL	

1. I daydream and fantasize, with some regularity, about things that might happen to me. (FS)
2. I often have tender, concerned feelings for people less fortunate than me. (EC)
3. I sometimes find it difficult to see things from the "other guy's" point of view. (PT) (-)
4. Sometimes I don't feel very sorry for other people when they are having problems. (EC) (-)
5. I really get involved with the feelings of the characters in a novel. (FS)
6. In emergency situations, I feel apprehensive and ill-at-ease. (PD)
7. I am usually objective when I watch a movie or play, and I don't often get completely caught up in it. (FS) (-)
8. I try to look at everybody's side of a disagreement before I make a decision. (PT)
9. When I see someone being taken advantage of, I feel kind of protective towards them. (EC)
10. I sometimes feel helpless when I am in the middle of a very emotional situation. (PD)

11. I sometimes try to understand my friends better by imagining how things look from their perspective. (PT)
12. Becoming extremely involved in a good book or movie is somewhat rare for me. (FS) (-)
13. When I see someone get hurt, I tend to remain calm. (PD) (-)
14. Other people's misfortunes do not usually disturb me a great deal. (EC) (-)
15. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments. (PT) (-)
16. After seeing a play or movie, I felt as though I were one of the characters. (FS)
17. Being in a tense emotional situation scares me. (PD)
18. When I see someone being treated unfairly, I sometimes don't feel very much pity for them. (EC) (-)
19. I am usually pretty effective in dealing with emergencies. (PD) (-)
20. I am often quite touched by things that I see happen. (EC)
21. I believe that there are two sides to every question and try to look at them both. (PT)
22. I would describe myself as a pretty soft-hearted person. (EC)
23. When I watch a good movie, I can very easily put myself in the place of a leading character. (FS)
24. I tend to lose control during emergencies. (PD)
25. When I'm upset at someone, I usually try to "put myself in his shoes" for a while. (PT)
26. When I am reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me. (FS)
27. When I see someone who badly needs help in an emergency, I go to pieces. (PD)
28. Before criticizing somebody, I try to imagine how I would feel if I were in their place. (PT)

NOTE: (-) denotes item to be scored in reverse fashion

PT = perspective-taking scale

FS = fantasy scale

EC = empathic concern scale

PD = personal distress scale

A = 0

B = 1

C = 2

D = 3

E = 4

Except for reversed-scored items, which are scored:

A = 4

B = 3

C = 2

D = 1

E = 0

AMBIVALENT SITUATIONS WITH REJECTION (3)/ WITHOUT REJECTION (2)

Participants will indicate on a scale of 1-7 to what extent they think the individual in the situation

feels:

- 1) Lonely
- 2) Sad
- 3) Hurt
- 4) Anxious
- 5) Peaceful
- 6) Independent
- 7) Confident
- 8) Indifferent

**Some Potential Example Situations:**

1) Everyone gathers in the cafeteria for lunch after work. You and a group of your coworkers are sitting together at the table, and you notice that the new employee is sitting alone. To what extent do you think the new employee feels:

2) Your friend calls to tell you how excited they are about their 1 year anniversary with their spouse. Later that day, you congratulate their spouse after bumping into them at the gas station.

They look puzzled and you remind them of the anniversary. If your friend were to find out that their spouse forgot, to what extent do you think they would feel:

3) You just won the championship for your intramural baseball game. After the game ends, everyone celebrates and joins their family in the stands. When you ask one of your teammates where their family is, they shrug. Their family is not there. Considering this, to what extent do you think your teammate would feel:

4) Your coworker explains that they are worried about their evaluation. They work very hard, but with other responsibilities and problems at home, they do not believe they have been doing their best at work. When they check online, they have an email summarizing a negative evaluation of their work. Considering this, to what extent do you think your coworker would feel:

5) You arrive home and notice that your father looks distressed. When you ask him what is wrong, he explains that he is trying to figure out how to pay all of the family bills and expenses. He says that he is having a difficult time because of financial issues. He says that even though he works long hours he feels that he isn't getting paid enough and wishes he had taken up a different career. To what extent do you think your father would feel...

**Appendix D: Goldberg's Big Five Questionnaire**

## Neuroticism

To measure rejection neuroticism as a personality trait, participants will complete a shortened version of Goldberg's Big Five questionnaire (John, O. P., & Srivastava, S. (1999). The Big-Five trait taxonomy: History, measurement, and theoretical perspectives. In L. A. Pervin & O. P. John (Eds.), *Handbook of personality: Theory and research* (Vol. 2, pp. 102–138). New York: Guilford Press.).

This scale will provide 8 statements, and participants will rate on a Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree) indicating to what extent do they agree or disagree with the statement (targeted towards neuroticism).

**I see Myself as Someone Who...**

- \_\_\_ 1. Is depressed, blue
- \_\_\_ 2. Is relaxed, handles stress well
- \_\_\_ 3. Can be tense
- \_\_\_ 4. Worries a lot
- \_\_\_ 5. Is emotionally stable, not easily upset
- \_\_\_ 6. Can be moody
- \_\_\_ 7. Remains calm in tense situations
- \_\_\_ 8. Gets nervous easily

Scoring: BFI scale scoring ("R" denotes reverse-scored items):

Neuroticism: (1) 4, (2) 9R, (3) 14, (4) 19, (5) 24R, (6) 29, (7) 34R, (8) 39



