**Appendix.** Factor structure and dimensionality of SAWS and BSAWS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Item** | **Webster et al. (2007)** | **Alves et al. (2014)** | **BSAWS** |
| 1  | During my life I have already overcome many painful facts. | EXP | EXP | - |
| 2  | I easily adjust my emotions to the present situation.  | ER | ESR | - |
| 3  | I often relate past with present situations.  | RE | REF | - |
| 4  | I am able to laugh in embarrassment situations.  | HU | MO | - |
| 5  | I love to read books that challenge me to think differently about many issues.  | OP, HU | EXP | - |
| 6  | I have taken important decisions throughout my life.  | EXP | EXP | EXP |
| 7  | When I take personal decisions I do not let myself take over by emotions.  | ER | ESR | - |
| 8  | I often think about my own past.  | RE | REF | - |
| 9  | There may be funny elements even in very difficult life’s situations.  | HU | MO | - |
| 10  | Besides my favourite kind of music I like to listen to other musical styles.  | HU | MO | - |
| 11 | Throughout my life I have dealt with many types of people.  | - | EXP | - |
| 12  | I am in tune with my own emotions.  | ER, RE | ESR | - |
| 13  | I often dedicate myself to the remembering of past events.  | RE | REF | - |
| 14  | When I face major life transitions I try and find a funny side.  | ER, HU | MO | - |
| 15  | I love trying a variety of different ethnic foods.  | - | OM | - |
| 16  | I have gone through various moral dilemmas.  | EXP | OM | - |
| 17  | I am very good at interpreting my emotional states.  | ER, RE | OM | - |
| 18  | Reviewing my past helps me to have a good perspective of my current concerns.  | RE | REF | RE |
| 19  | I laugh easily.  | HU | MO | - |
| 20  | I often try new things.  | OP, HU | OM | - |
| 21  | I have met a lot of the negative side of life (e.g., dishonesty, hypocrisy...)  | EXP | EXP | - |
| 22  | I can easily express my emotions without feeling like I am losing control of the situation.  | ER | OM | ER |
| 23  | I often recall the past to see if I have changed since then.  | RE | REF | RE |
| 24  | At this point in my life it is easy for me to laugh at my mistakes.  | ER, HU | MO | - |
| 25  | Controversial works of art play an important and valuable role in society.  | OP | OM | - |
| 26  | I went through many difficult changes throughout life.  | EXP | EXP | - |
| 27  | I am good at identifying subtle emotions in myself.  | ER, RE | OM | ER |
| 28  | Remembering my past helps me understand the important things in my life.  | RE | REF | - |
| 29  | I often use humour to put other people at ease.  | HU | MO | HU |
| 30  | I like being surrounded by people whose views are quite different from mine.  | OP | MO | - |
| 31  | I discovered by myself that "not everything that shines is gold."  | - | EXP | - |
| 32  | I am able to control my emotions when the situation demands it.  | ER | ESR | - |
| 33  | I often notice that my past can be an important source of knowledge.  | RE | REF | - |
| 34  | Now I know I can truly appreciate the little things in life.  | OP | ESR | OP |
| 35  | I have a lot of curiosity to know more about other religions and other philosophies.  | OP | ESR | - |
| 36  | I have learnt valuable life lessons with others.  | - | EXP | EXP |
| 37  | It seems I have a certain gift to understand the emotions of others.  | - | OM | - |
| 38  | Reliving past events increases my confidence to live today.  | OP | REF | - |
| 39  | To comfort others I often make fool of me.  | HU | MO | - |
| 40  | I wonder many times about the mysteries of life and what lies beyond death.  | - | REF | RE |

Note: ER: Emotion regulation; RE: Reminiscence; OP: Openness; EXP: Experience; HU: Humour (Webster et al. 2007); ESR: Emotional self-regulation; REF: Reflection; OM: Open-mindedness; EXP: Experience; MO: Mood (Alves et al. 2014)