ARE INTERPERSONAL DISLIKE AND HATRED DISCRETE EMOTIONS?

By

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THESIS ABSTRACT

Are Interpersonal Dislike and Hatred Discrete Emotions?

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Discrete emotions can be identified by their particular patterns of phenomenological, expressive, behavioral, emotivational goal, and strategy characteristics. Prior research has distinguished anger and contempt in such responses, but are interpersonal dislike and hatred also distinct? This thesis aimed to examine whether dislike and hatred are distinct and whether they should be regarded as additional discrete emotions. To test this, Amazon Mechanical Turk workers completed online questionnaires about experiences of anger, contempt, dislike, and hatred, measuring hypothesized thoughts, feelings, expressions, behaviors, goals, and strategies. Hierarchical multiple regressions assessed the unique variance added by each emotion, after controlling for the others. Consistent with the hypothesis that it should be considered a discrete emotion, dislike predicted hypothesized responses in multiple components, and fit a pattern of relational avoidance. Although hatred explained the greatest significant unique variance in 21 proposed responses, overall more evidence suggested hatred is a variant of anger. That is, hatred appears to have the general properties of anger (it predicted each of the hypothesized anger responses, such as yelling and wanting to get back at someone) plus some unique characteristics (e.g., fantasizing about bad things happening to someone, and wanting someone to suffer). It is suggested that hatred is a variant of anger that is felt when

someone is seen as unchangeably malevolent, and involves more intense attacks aimed at preventing the person from causing further harm. These findings may help theorists and researchers better understand distinctions among emotions, and contribute to predicting social behaviors and emotional disorders. Future research should continue to investigate emotion differentiation (particularly the overlap between anger and hatred), as well as possible temporal and relationship type moderating variables.

## Dedication

This thesis is dedicated to the memory of my father, Thomas Steele

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**Introduction**

Discrete emotions can be conceptualized as distinguishable by unique combinations of appraisal determinants (e.g., perceiving events as unexpected vs. expected; uncertain vs. certain) and response components (e.g., behaviors; goals). Prior research establishes evidence for anger and contempt as two discrete negative interpersonal emotions. Anger is an "attack other" emotion, whereas contempt is a "reject other" emotion (Roseman, 2011). Yet are anger and contempt the only negative emotions that one can experience toward another person? Is it also possible to dislike someone (e.g., Roseman, 2011) without feeling angry or contemptuous toward the person? Similarly, does hatred (e.g., Fischer, Halperin, Canetti, & Jasini, 2018) denote a unique emotional experience? Although prior research has focused on understanding differences between anger and contempt, much remains unknown about whether interpersonal dislike and hatred should be considered additional discrete emotions. Thus, the principal aims of this thesis were to investigate the properties of interpersonal dislike and hatred, and assess whether they should be considered discrete emotions, distinct from anger, contempt, and each other.

By studying these emotions simultaneously, I also sought to provide some insight into emotion theory. Discrete vs. dimensional conceptualization remains debated within the emotion literature, with little consensus amongst theorists. Indeed, these debates have even been called the "Hundred-Year Emotion War" (Lindquist, Siegel, Quigley, & Barrett, 2013). If dislike and hatred were found to involve distinct properties, then it would add empirical support for discrete emotion theories.

However, the importance of this research also extends beyond emotion theory. Discerning the characteristics of dislike and hatred could aid in understanding various social phenomena. For example, dislike has been regarded as the affective component of prejudice (Jones, Dovidio, & Vietze, 2014), and hatred has been found to moderate the association between anger and support for compromise in intergroup conflicts (i.e., anger and hatred together are linked to decreased support for compromise, but anger without hatred is linked to increased support; Halperin, Russell, Dweck, & Gross, 2011). By identifying responses distinctive to dislike and hatred, the results of this study could help understand why, or when individuals avoid or harm out-group members, as well as discover barriers to conflict resolution.

**Background**

*Emotion*

There have been many definitions of "emotion" proposed in the psychological literature. In fact, one review found over 90 different definitions of emotion, with some theorists also questioning the value of even having an "emotion" concept (see Kleinginna & Kleinginna, 1981). According to dimensional theorists, emotions differ in degrees (e.g., valence: negative … positive; arousal: low intensity … high intensity). For some discrete emotion theorists, unique patterns of emotion-specific appraisals (e.g., control potential: low … high; legitimacy: fair … unfair) and response components (e.g., phenomenology; expression) differentiate particular emotions.

The focus of this research was to test whether there is evidence for discrete emotional states, since dimensional theories may overlook important distinctions among emotions (Lazarus, 2001). For example, fear and anger are both high intensity negative

emotions, but prior research has established differences between anger and fear in appraisals (e.g., unexpected events with uncertain and modifiable outcomes eliciting fear vs. unfair events caused by another person eliciting anger; Frijda, Kuipers, & ter Schure, 1989), and autonomic nervous system activity (e.g., anger involving an increase in skin temperature, and fear a decrease; Ekman, Levenson, & Friesen, 1983; Levenson, Ekman, & Friesen, 1990), as well as other emotional features (e.g., fear and anger differing in protective vs. antagonistic action readiness modes; Frijda et al., 1989). In seeking evidence for or against a discrete conceptualization, emotions were defined in the present study as syndromes with typical thoughts, feelings, expressions, action tendencies (or readinesses), goals, and strategies, that together distinguish particular emotions from each other (Roseman, 2011; cf. Averill, 1980; Frijda, 1986; Scherer, 2005).

Critics of discrete theories have cited the difficulty of determining *what is* vs. *is not* an emotion as justification for viewing emotions as "fuzzy" concepts that lack clear boundaries (Fehr & Russell, 1984). For example, although most individuals agree that anger is indeed an emotion, it is unclear what makes certain phenomena (e.g., courage) not an emotion (see Fehr & Russell, 1984). However, multicomponent models can differentiate emotions from other related phenomena (e.g., preferences). Preferences are general positive and negative feelings that lack a high degree of behavioral response (beyond approach and avoidance) and lack coordination across components (Scherer, 2005). Thus, one could expect a phenomenon to be indicative of a preference (rather than an emotion) if it is experienced at a relatively low intensity, and without involvement of particular action tendencies or readinesses, as well as other emotional aspects (e.g., expressive and goal characteristics).

### *Anger and Contempt*

Anger and contempt are often regarded as discrete negative interpersonal emotions. According to Roseman (2011), anger is an attack emotion that *moves against* another person, while contempt is a rejection emotion that *moves another person away* from oneself. Both emotions are thought to result from appraisals of motive-inconsistency (i.e., the eliciting event is not consistent with one's wants), other person agency (i.e., the eliciting event is caused by another person), and relatively high prospective control potential (i.e., something can eventually be done about the eliciting event; Roseman, 2013). However, anger and contempt are contrasted in appraisals of instrumental problems (goal obstructions) vs. intrinsic problems (negative attributes or traits), with the former characteristic of anger, and the latter contempt (Roseman, 2013).

The literature on emotion responses indicates that anger and contempt are distinct emotions. In facial expressions, the brows being down and pressed together lips or a squarish mouth are associated with anger (Ekman, 2003), whereas a sneer (in which the lips are tightened and raised unilaterally) is associated with contempt (Ekman & Friesen, 1986). Research by Fischer and Roseman (2007) also shows that anger and contempt involve distinct behaviors and goals, with verbal aggression characteristic of anger, and social exclusion characteristic of contempt. Hutcherson and Gross (2011) found some evidence that anger and contempt differed in judgments of other people. For example, contempt was associated with viewing someone as incompetent and feeling superior, whereas anger was more associated with protesting a person's actions (Hutcherson & Gross, 2011).

### *Interpersonal Dislike*

There has been some discussion of interpersonal dislike as an additional distinct emotion. Regarding the antecedents of emotions, Ortony, Clore, and Collins (1988), suggest that "disliking" emotions are elicited by appraisals of unappealing objects or persons. In contrast, anger and contempt are believed to be elicited by blameworthy actions, with anger also involving displeasure about the associated undesirable event (Ortony et al., 1988). Roseman's Emotion System model (2011, 2013) further distinguishes dislike from 16 emotions in appraisals and response components. Specifically, dislike is thought to be different from other negative interpersonal emotions in appraisals of low control potential, and several distancing responses (e.g., a goal of disassociating from someone) that form a strategy of *moving oneself away from* another person (Roseman, 2011, 2013). Jones and colleagues (2014) also propose dislike is the affective component of prejudice, manifested in a tendency to avoid or harm a disliked group.

However, in the broader literature, dislike is most often viewed as general negative affect. For example, in many social psychology theories, dislike has been understood in relation to attitudes, as negative feelings or evaluations of objects, concepts, or individuals (e.g., Ajzen & Fishbein, 2000; Katz, 1960). Comparably, dislike has been conceptualized as a sentiment. For example, Heider's (1958) Balance Theory contains liking and disliking sentiments, in which disliking sentiments encompass individuals' unpleasant feelings and evaluations of people and things.

Empirically, prior research has rarely compared dislike to other negative interpersonal emotions. However, studies on dislike have found some support for proposed distancing responses as characteristic of this emotion. For example, Hess

(1996) examined dislike in non-voluntary relationships and found that disliking someone was associated with 24 distancing behaviors. One important finding from Hess's (1996) study was that distancing could either be more cognitive in nature (e.g., reinterpreting someone's statements to make the statements less important), or involve overt behavior (e.g., ignoring the other person). Yet Hess (1996) also found disliking someone was associated with a few hostile and rejection responses, which are similar to reported behaviors in anger and contempt (Roseman, 2002). Those findings could indicate that dislike is not separate from anger and contempt, or they could reflect unmeasured co-occurrence of these emotions with dislike.

Although prior research has primarily focused on understanding dislike as negative affect, there has been some evidence found for dislike as a discrete emotion. An early study by Roseman, Wiest, and Swartz (1994) examined recalled experiences of dislike and nine other emotions to test whether particular response components were differentially characteristic of each emotion. Roseman and colleagues (1994) identified support for proposed characteristics of dislike in phenomenology, behavior, and emotivational goal aspects. For example, participants recalling experiences of dislike rated feeling like "not associating with someone," and wanting to "be far away from someone" significantly higher than participants recalling experiences of the other studied negative emotions (Roseman et al., 1994). However, Roseman and colleagues (1994) operationalized dislike to include contempt, so supported responses for dislike could also be typical of contempt.

More recently, a study by Roseman, Steele, and Goodvin (2018) compared dislike, anger, contempt, and hatred to test hypothesized appraisals and responses for

each emotion. Roseman and colleagues (2018) found some support for dislike involving a distinct pattern across appraisal and multiple responses (phenomenological, expressive, and behavioral). For example, dislike differentially involved thinking that something has to be accepted, thinking that someone does not deserve blame, feeling cold toward someone, spending less time looking at someone, and interpersonal avoidance (Roseman et al., 2018). However, posited goals for dislike (wanting to be far away from someone; wanting to distance yourself from someone) were instead most supported for contempt, so the pattern found for dislike did not extend to all components (Roseman et al., 2018). As part of the present research, I examined whether findings from Roseman and colleagues (2018) could be replicated, and whether these findings could be extended (e.g., by testing refined goal features of dislike).

### *Hatred*

According to a number of theorists, hating someone is a unique emotional experience, but there is little consensus across theories of hatred. Several theorists have conceptualized hatred as a mixture of emotions, but there are inconsistencies in the particular emotions involved in hatred. For example, Sternberg (2005) proposes seven types of hatred that include different combinations of anger, disgust, fear, and contempt. Other theorists maintain that hatred is a specific variant of one emotion. For example, Power and Dalgleish (2008) claim hatred is a variant of anger (anger that has generalized to the entire person), and Cogley (2018) classifies hatred as a kind of resentment that involves tendencies to destroy or eliminate another person. Understanding hatred becomes increasingly complex when taking into account additional conceptualizations of hatred as (a) a motivation to destroy or diminish a hated others well-being (Rempel &

Burris, 2005), (b) both an attitude and an emotion (Ben-Ze'ev, 2000), and (c) a discrete emotion (e.g., distinguished from anger, contempt, and disgust by a goal of destroying a hated other; Fischer et al., 2018).

Despite variability across conceptualizations of hatred, there are several characteristics that may be common and specific to hating someone. For example, contempt and hatred may both involve negative intrinsic evaluations of another person, but contemptuous others are thought to be inferior, whereas hated persons are seen as evil (Elster, 1999). Aumer and Bahn (2016) have posited that hatred is a self-protective emotion, often involving vigilance and avoidance of someone, in an attempt to prevent the person from causing additional harm. Fischer and colleagues (2018) theorize that the emotivational goal of hatred is to eliminate or destroy someone, which contrasts with possible relationship restoration and reconciliation in anger (e.g., Ben-Ze'ev, 2000; Fischer & Roseman, 2007; Tripp & Bies, 2010).

Empirical research on hatred as a discrete emotion is relatively sparse. Fitness and Fletcher (1993) investigated hatred, love, anger, and jealousy within marriages and found some differences between hatred and other emotions. For example, hatred was typically elicited by perceived humiliation or bad treatment, whereas anger was often felt in response to treatment appraised as unfair (Fitness & Fletcher, 1993). However, Fitness and Fletcher (1993) did not compare hatred to contempt or dislike. Given that one study has found that 31% of participants viewed hatred as comparable to extreme dislike (Aumer-Ryan & Hatfield, 2007), it may be especially important to examine dislike in studies of hatred.

A series of studies by Van Bavel, Ray, Granot, and Cunningham (2018) compared hatred and dislike to test competing hypotheses that hatred differs from dislike in *degree* (e.g., negativity) vs. in *kind* (e.g., distinct in attributions of immorality). Van Bavel and colleagues (2018) found support for both hatred being a more intense negative emotion than dislike, as well as a different kind of emotion that is more connected to morality than dislike. However, hatred was associated with other moral emotions (contempt, anger, and disgust), and to a greater extent than dislike was associated with these emotions (Van Bavel et al., 2018). Thus, results from Van Bavel and colleagues (2018), may differentiate hatred from dislike, but they do not clearly distinguish hatred from other emotions, including anger and contempt.

In Roseman and colleagues' (2018) study, several hypothesized characteristics were supported for hatred. For example, the expression of narrowing your eyes when looking at someone was differentially supported for hatred, and so was the goal of wanting someone to suffer (Roseman et al., 2018). However, hatred was also closely related to anger. For example, hatred and especially anger were both organized around the hypothesized anger strategy of taking action against someone (Roseman et al., 2018). These findings could indicate that hatred should be considered a discrete emotion (e.g., based on finding support for hypothesized responses across multiple components), or they could instead suggest that hatred is more likely a variant of anger (e.g., based on the same pattern in emotion strategy; cf. Roseman, 2013).

**The Present Study**

It is possible that both dislike and hatred are discrete emotions. For instance, given that prior research has consistently found avoidance to be associated with disliking

someone (e.g., Hess, 1996; Roseman, 2002; Whitehead, 2006), dislike may be uniquely

centered around relational avoidance. Likewise, if hatred involves complete elimination

of a person, in contrast to anger responses, then hatred might be a separate kind of

emotion (see Fischer et al., 2018). However, the lack of research that has concurrently

examined anger, contempt, hatred, and dislike, suggests additional research is needed on

whether dislike and hatred should be regarded as discrete emotions. In particular, there is

uncertainty concerning the overlap between dislike and contempt (e.g., in distancing

responses; Roseman, 2019), and between hatred and anger (e.g., in attacking responses;

Roseman & Steele, 2018). Therefore, in this thesis, I simultaneously examined these four

negative interpersonal emotions to test if hypothesized response profiles were

differentially characteristic of dislike, hatred, anger, and contempt.

### Hypothesized Responses for Dislike and Hatred, as well as Contempt and Anger

Table 1 shows hypothesized response profiles for dislike, contempt, anger, and

hatred. These hypotheses were based on prior research and theory, and largely drew on

the results obtained by Roseman et al. (2018). For example, building on Roseman and

colleagues' (2018) findings, this research tested additional goals for dislike (e.g., wanting

to avoid close contact with someone), and strategies of hatred (e.g., seeking to remove

someone from one's life forever).

Overall, the main hypotheses I tested were that dislike and hatred should each be

considered discrete emotions, distinct from anger, contempt, and each other. That is, it

was expected that the results would provide more evidence to suggest dislike and hatred

are discrete emotions (e.g., dislike and hatred would involve unique patterns of

hypothesized responses across multiple components; see Table 1) than evidence that

**Table 1**

*Hypothesized Response Profiles of Dislike, Contempt, Anger, and Hatred (with Survey Item Numbers)*

| Comp | Dislike | Contempt | Anger | Hatred |
|---|---|---|---|---|
| PHE | Unappealing=44<br>Unappealing trait=17<br>How to avoid=37<br>Non-blameworthy=42, 21[a]<br>Does not harm=43<br>Don't want to be around=48[a]<br>Turned off=53[a] | Unworthy=36<br>Inferior=41, 48[a]<br>Incompetent=33<br>Immoral=32<br>Beneath standard=29<br>Low social value=45<br>Stupid=30<br>Undesirable and should not be this way=21[a]<br>Revolted=53[a] | Unfair=40, 47[a]<br>Undesirable and unfair=22[b]<br>Undesirable and should not be this way=21[b]<br>Actions in future=34<br>Harms=43<br>Bad treatment=49[a]<br>Boiling=52<br>Explode=51 | InstrumentalXIntrinsic=31[c], 27[c]<br>Evil=39[c]<br>No good qualities=28<br>Immoral=32<br>Actions in future=34<br>Unchangeable=35<br>Intentional harm=23<br>Deliberate harm=47[a], 49[a]<br>Justified in attack=46<br>Cannot forgive=38<br>Harms=43<br>Undesirable and should not be this way=21[a] |
| EXP | Less time looking at=61<br>Focus attention away=60 | Sneer=62<br>Roll eyes=63<br>Make fun of=59 | Lips pressed together=56<br>Fists clenched=55<br>Gritting teeth=57 | Narrowing of eyes when looking at other=54 |
| BHV | Avoid interaction=75, 74<br>Spend minimum time with=66<br>Avoid communication=78[a]<br>Communicate less=76[a] | Make negative remark to a third party=70<br>Tell shortcomings=68<br>Look down on=81<br>Treat other as less capable=78[a], 77[a] | Confront=72<br>Attack verbally or physically=73, 67<br>Yell at other=69<br>Take action against=76[a] | Encourage attacks=65<br>Hit other=64<br>Attack when possible=83<br>Fantasize bad things=82<br>Kill other=71<br>Cause pain=77[a] |
| EMV | Be some place else=107[a]<br>Be away from=109[a]<br>Minimize contact=103<br>Avoid close contact=106[a] | Reject=100, 104, 106[a]<br>Exclude=95, 109[a], 110[a]<br>Nothing to do with=99<br>Shortcomings known=107[a] | Get back at=96<br>Hurt other=101<br>Feel bad=105[a],108[a], 110[a]<br>Restore relations=97 | Suffer=108[a]<br>Hurt other=101<br>Get rid of other=98, 102<br>Harm other=105[a] |
| STR | Move self away=93[a], 94[a]<br>Limit interaction=86, 91[a] | Move other away=90, 93[a], 94[a] | Move against=89<br>Change behavior=85, 92[a] | Eliminate=87<br>Destroy=88<br>Remove=92[a], 91[a] |

*Note.* Comp=component. PHE=phenomenological. EXP=expressive. BHV=behavioral. EMV=emotivational goal. STR=strategy. Numbers in this table refer to specific questions in Appendices A and B. [a]Bipolar scale that contrasted hypothesized responses of different emotions. [b]Tested the hypothesis that in anger, individuals perceive that an event should not be happening. [c]Hypothesized as an appraisal and phenomenology characteristic.

would instead support alternative conceptualizations of dislike and hatred (e.g., as emotion variants, mixtures of other emotions, or distinct compounds).

**Method**

**Participants**

For diversity beyond a college student sample (Paolacci & Chandler, 2014), Amazon Mechanical Turk (MTurk) workers were recruited as participants in the present study. To be eligible to participate in this study, MTurk workers were required to: (a) be at least 18 years old; (b) be a first-time participant in our lab's studies on dislike, contempt, anger, and hatred; (c) reside in the United States; (d) be a native English speaker, so as to understand potentially subtle distinctions among emotion concepts, such as dislike and hatred; and (e) complete the survey on a laptop or desktop computer (to keep the survey format consistent across participants). Research on MTurk workers and data quality has found that high reputation MTurk workers (with a Human Intelligence Task [HIT] approval rating of at least 95%) are able to perform research tasks attentively (Peer, Vosgerau, & Acquisti, 2014). To obtain even higher quality data, for the present study all workers were required to have a HIT approval rating of at least 99%, and greater than 50 HITs completed (so they would be familiar with procedures involved in online studies), but less than 10,000 (so they would not be professional research participants). Increasing the approval rating to at least 99% may be useful because the 95% HIT approval cut-off is not exact (Peer et al., 2014).

A power analysis based on prior research on dislike and hatred responses (Roseman et al., 2018) determined that 95 participants would provide 80% power for detecting hypothesized unique effects of anger, contempt, dislike, and hatred. This study had a number of exclusion criteria, with the data from any participant excluded if they: (a) misunderstood contempt (see Matsumoto & Ekman, 2004), (b) wrote about emotions

toward themselves (and therefore lacked the important 'other person' agent that was the focus of this research on interpersonal negative emotions), (c) felt a non-target emotion as much as or more than the target emotion (and therefore did not write about a time in which they felt the target emotion more than other emotions), (d) did not finish the entire survey, or (e) elected to have their data discarded. To get 95 participants who met all of these criteria, 280 MTurk workers were initially recruited for this study.

All but 23 MTurk workers who completed the task and submitted the HIT within the allotted time (two-hours) were compensated $7.50. Payment was rejected for one worker who reported a native language other than English (and therefore did not adhere to the worker requirements specified in the HIT). Payment was rejected for the other 22 workers because their open-ended responses suggested that they were completed by or with the assistance of automated programs or "bots" (e.g., contained open-ended text matching content from the internet, which was often repeated for a number of questions).

In addition to the respondents just mentioned, 70 were removed from the analyses because they did not complete the survey, and the data from 80 other participants were excluded because: (a) 76 participants felt a non-target emotion as much as or more than the target emotion; (b) 1 participant misunderstood contempt as "content"; (c) 1 participant misunderstood contempt and also felt a non-target emotion as much as or more than the target emotion; (d) 1 participant elected to have their data discarded; and (e) 1 participant elected to have their data discarded and also reported feeling a non-target emotion as much as or more than the target emotion.

The resulting sample included 107 MTurk workers (51 female, 56 male). Participants were distributed fairly evenly across the different conditions, with 32 participants who reported an experience of anger, 27 contempt, 24 dislike, and 24 hatred.

**Procedure**

Participants completed anonymous online questionnaires about experiences of anger, contempt, hatred, and dislike felt towards a person. To reduce biases associated with within-subjects designs and research on emotions (e.g., exaggerating differences between two or more emotions; Roseman et al., 1994), each participant filled out the questionnaire for only one randomly assigned target emotion. In each condition, participants were asked for a current (rather than prior) experience of the assigned emotion, since autobiographical recall is subject to biases and errors in memory (e.g., inflation of emotion intensity; Parkinson & Manstead, 1992, 1993). Participants without a current experience were asked about a prior experience of the same emotion. These questionnaires were equivalent to the current experience questionnaires, but used the past tense. Those also without a prior experience of the target emotion were redirected to an anger fallback questionnaire that asked about any past experience of anger felt toward someone. Anger was chosen for the fallback condition, because previous research has found anger to be a more frequent emotion experience (e.g., as compared to disgust, guilt, joy, shame, sadness, and fear; Wallbott & Scherer, 1988), and was therefore likely easier to recall.

After choosing a particular instance of their assigned emotion, participants filled out the emotion experience questionnaire for that emotion, which measured proposed appraisal antecedents and responses of anger, contempt, dislike, and hatred. Participants

then completed several different emotion intensity scales, selected the emotion that best described what they were feeling in their experience (from a list of 19 emotion terms), answered two questions about their understanding of emotion words (an open-ended question asked about the meaning of the target emotion word; a closed-ended question asked about the meaning of hatred, across conditions), and two questions about the duration of their emotion experience (when participants first and last felt the target emotion in this experience).

At the end of each target emotion questionnaire, participants were asked a few questions about their reflections on their emotion experience. These questions included rating how difficult it was to answer the questions in the survey (to check for abnormalities in responses), how similar their emotion experience was compared to their usual experiences of that emotion (to assess generalizability), if they believed there was a good reason for feeling the target emotion, and the extent to which their thoughts in their experience were irrational. The latter two questions were asked to address issues raised by Parkinson (1999) about "reasonable and unreasonable" emotions.

To remove any adverse effects from writing about an experience of a negative emotion, all participants filled out a short positive emotion questionnaire at the end of the survey (for the full positive emotion exercise, see Appendix C). Because recall of positive autobiographical experiences is a successful method for eliciting positive mood (e.g., Bower, 1981; Moore, Underwood, & Rosenhan, 1973), participants were instructed to recall an experience of joy and answer a few questions about their experience. Upon completion of this, participants provided some demographic information (e.g., native

language and country of birth; see Appendix D). The survey concluded with a debriefing that included the option for participants to have their data discarded.

A survey methodology was appropriate for this research. Emotion researchers have consistently shown how self-report measures are effective for studying human emotions, despite potential recall bias (Scherer, Matsumoto, Wallbott, & Kudoh, 1988; Wallbott & Scherer, 1988). Utilizing a self-report was necessary for studying the subjective quality of these emotions, which is considered essential to emotion experiences (Wallbott & Scherer, 1989). Moreover, other methods may have been unethical for studying negative emotions. Lench, Flores, and Bench (2011) examined different types of emotion induction, and stated that real-life manipulations can have ethical limitations, due to withholding full disclosure of the study's intent, as well as the unpleasantness or stress of experiencing negative emotions in the laboratory.

**Predictor Variables: Emotions and Emotion Intensities**

*Emotion Manipulation and Induction*

In a between-subjects design, each participant provided data for one randomly assigned target emotion: anger, contempt, hatred, or interpersonal dislike. At the start of all target emotion questionnaires, contempt was defined as "feelings of scorn that people may have toward someone when they have a very low opinion of that person" because prior research has found that participants have difficulty understanding the meaning of the word "contempt" (Matsumoto & Ekman, 2004). The definition of contempt used in the present study was adapted from the definition of contempt used by Roseman, Mattes, Redlawsk, and Katz (2020).

In each case, participants were first asked to think of a person who is currently causing them to experience their assigned emotion rather than other emotions. Instructions listed persons with whom participants were likely to have contact (family member, romantic partner, friend, acquaintance, or co-worker) as examples of individuals toward whom the participants might feel the target emotion. These instructions were included to facilitate selection of an emotion experience that was caused by another person. Pilot studies found that without examples, participants sometimes wrote about experiences of emotions felt toward themselves, rather than the interpersonal negative emotions that were the focus of this research.

In choosing an emotion experience, the target emotion was bolded and underlined to establish a salient manipulation. It was also made clear to participants that they were to select an experience of the target emotion, and not an experience of any other emotion (cf. de Rivera, Possell, Verette, & Weiner, 1989). For example, participants in the dislike condition were instructed to:

> "Think of someone who is causing you to feel **dislike toward him or her**
>
> **RATHER THAN any other emotion (such as contempt, hatred, or anger**
>
> **toward this person).** For example, the person might be a family member,
>
> romantic partner, friend, acquaintance, or co-worker."

To further encourage selection of an emotion experience felt towards another person, immediately following this, participants were asked to type the initials of the person, or anything else that would remind them of the person.

Participants then made a series of ratings that compared the extent to which they were feeling the target emotion in their experience to each of the other three emotions

that were the focus of this research. For example, the instructions for a participant filling

out the current emotion questionnaire in the dislike condition were:

"When you have thought of someone who is causing you to feel <u>dislike</u> RATHER

THAN any other emotion, please select your answer to the following question

for each emotion in the list below: ***Are you feeling this emotion less than***

***dislike, as much as dislike, or more than dislike?***"

To get a more precise manipulation of the target emotion, participants who

indicated that they were feeling another emotion as much as or more than the target

emotion, were asked to select a different experience of that emotion. In order to get

participants deeply feeling the target emotion, a written induction task had participants

describe the events leading to their target emotion (Question 4 in Appendices A and B),

and specify the direct cause of that emotion (Question 5; cf. Tracy & Robins, 2006, Study

3).

### *Manipulation Checks*

Pairwise relative emotion intensity questions (Questions 116a, 117a, and 118a)

were included as manipulation checks to confirm that participants answered questions

based on the target emotion more than the other emotions studied. Three separate

questions asked participants to compare how much they were feeling the target emotion

in their chosen experience versus each of the other three non-target emotions. For

example, question 116a in the dislike current experience questionnaires asked: "Please

compare the extent to which you are feeling dislike vs. contempt toward this person in

this experience, using the scale below" with ratings made on a scale ranging from "I feel

dislike very much more than contempt [1]" to "I feel contempt very much more than

dislike [9]." This same question was then repeated for the other two emotions that were studied (i.e., replacing "contempt" with "anger" and "hatred"). An open-ended question also followed each of these relative intensity scales, and instructed participants to briefly explain their answer. Participants in the dislike condition who selected an experience of dislike (rather than contempt, anger, and hatred) toward someone were expected to rate each scale less than "5" (because scores of "5" indicated equal feelings of dislike and another emotion). Only those participants whose scores for all three manipulation checks were less than or equal to "4" were included in data analyses.

### *Emotion Predictors*

The absolute intensity of the target emotion and other emotions were measured by questions 119-137. These questions instructed participants to rate how intensely each of 18 emotions and physical pain were felt as part of their target emotion experience from "Not at all [1] to Very intensely [9]."

**Emotion Predictor Scores.** A participant's score on each of the four emotion predictor variables was the absolute emotion intensity rating for each of those emotions regardless of that participant's assigned emotion condition. For example, the participant's score on the predictor variable of dislike was based on that participant's rating of the absolute intensity of felt dislike (Question 128) in the experience he or she described (regardless of which emotion condition that participant was in). Thus, across participants, the predictor variable "dislike" included the rating for the intensity of felt dislike in experiences of anger, contempt, hatred, and dislike. Similarly, the predictor variable "hatred" included the rating for the intensity of felt hatred (Question 135) in experiences of anger, contempt, dislike, and hatred. The "anger" and "contempt" predictor variables

each included their respective absolute intensity ratings (Question 126 for anger, and Question 127 for contempt) across emotion conditions. This was the same procedure used by Roseman and colleagues (2018) for emotion predictor variables.

**Dependent Measures**

The emotion experience questionnaires included open-ended and closed-ended questions assessing eliciting events, appraisal antecedents, phenomenology, action tendencies and actions taken, and emotivational goals. Additional closed-ended questions, based on more limited existing research, measured a small number of hypothesized expressive items, emotion strategies, and functions of emotions. One open-ended question asked about physical sensations. Although some of these items were new to the current study (e.g., the bipolar response component scales), other investigators have used similar questions to assess appraisal antecedents (e.g., Ellsworth & Smith, 1988), phenomenology (e.g., Scherer & Wallbott, 1994), vocal responses (e.g., Scherer et al., 1988), and behaviors (e.g., action readiness modes; Frijda et al., 1989; action tendencies and readinesses; Roseman et al., 1994), as well as goals (e.g., Fischer & Roseman, 2007). Cross-cultural research by Scherer and colleagues (1988) also included an open-ended question to measure physiological responses for joy, sadness, fear, and anger, and found clear patterns of emotion differentiation. The present study did not include closed-ended items to test patterns of physiological responses, because participants might not have been able to access some specific physiological responses that are thought to differentiate emotions (e.g., activity in neural circuits). Furthermore, other physiological responses (e.g., sweating) are affected by both non-emotional and

emotional determinants (e.g., movement, temperature) and would be difficult to isolate (and therefore difficult to test emotion-specific patterns).

Ratings were made on 9-point scales (for most elicitors and appraisals) or 5-point scales (for most response components). Two different scales were necessary, as many appraisal dimensions are inherently bipolar (e.g., motive-consistent vs. motive-inconsistent), while most response components are unipolar (e.g., feeling like hitting someone). For example, the appraisal of motive-inconsistency was measured by a bipolar scale that contrasted "My hatred is caused by believing that something has improved things [1]" (motive-consistent) with "My hatred is caused by believing that something has made things worse [9]" (motive-inconsistent). One scale that measured a proposed behavior of hatred asked, "In this experience, how much does your hatred involve feeling like hitting this person? (Not at all [1], A little [2], Somewhat [3], Pretty much [4], Very much [5])." Thus, many of the dependent variables in this thesis were measured by these 5-point Likert scales. Numerical rating scales were used because the relative scale position values of the response options alone may have been ambiguous. The open-ended questions were included to gather data on any unanticipated responses and possible new hypotheses, while the closed-ended items tested specific predictions.

Some of the specific posited distinctions between emotions in response components were also measured by bipolar scales. These scales were included for a few select hypotheses that may have been difficult to measure on single 5-point scales, because certain responses for one emotion might also suggest responses for another emotion. For example, goals of avoiding close contact with someone (predicted as characteristic of dislike) and wanting someone to be rejected (predicted as characteristic

of contempt) could both involve decreasing contact with another person (Roseman, 2019). Therefore, one bipolar scale contrasted "My dislike involves wanting to avoid close contact with this person [1]" with "My dislike involves wanting this person to be rejected by other people [9]" to distinguish *moving away from someone* in dislike and *moving someone away from oneself* in contempt (Roseman, 2011).

To maintain consistency, question stems were kept the same across the different emotion conditions, with only the target emotion changing. For example, question stems for 5-point response component scales in the dislike condition were: "In this experience, how much does your dislike involve…" Whereas question stems in the hatred condition were: "In this experience, how much does your hatred involve…"

Prior to the start of data collection, items in the emotion questionnaire were grouped into response component categories, and the order of items within each category was randomized (and then order of the questions in the questionnaire was held constant across participants). For example, all items that assessed the phenomenological component were asked together, before the items that measured proposed expressive responses. With only a few exceptions (e.g., cases in which an open-ended question was included after a closed-ended item, asking participants to explain their rating), the participant saw each question on their screen without the presence of other questions, so that only one item was present at a time. Items were asked separately so that participants did not base their rating for a particular item on the other questions being asked.

# Results

Descriptive statistics are reported in the following order: (a) the emotion intensity means of dislike, contempt, anger, and hatred, by emotion condition (i.e., how intensely each of the target emotions was rated by the participants in each condition: these are the emotion predictor variables in the hierarchical regression analyses); (b) the correlations among the target emotion predictor variables; and (c) the mean scores for each of the response component variables (the main dependent variables) by emotion condition. The results of the hierarchical regression analyses are then presented. The latter analyses determined the *unique variance* attributable to each of the emotion predictor variables (when that emotion was entered last in block 2), and were the main test of hypotheses.

## Descriptive Statistics

### *Emotion Co-occurrence*

Table 2 presents the mean felt intensity rating for each target emotion, by experienced emotion condition (e.g., felt intensity of dislike in experiences of dislike, contempt, anger, and hatred).

**Table 2**

*Mean Felt Emotion Intensity Ratings for Dislike, Contempt, Anger, and Hatred, by Condition*

| Condition | Felt Emotion | | | |
|---|---|---|---|---|
| | Dislike | Contempt | Anger | Hatred |
| Dislike[a] | **8.46** | 2.29 | 2.92 | 1.33 |
| Contempt[b] | 4.44 | **8.74** | 4.63 | 3.15 |
| Anger[c] | 3.84 | 3.28 | **8.13** | 2.94 |
| Hatred[d] | 6.08 | 6.00 | 6.92 | **8.46** |

*Note.* Boldface indicates the mean predicted to be highest in each condition. [a]$n = 24$. [b]$n = 27$. [c]$n = 32$. [d]$n = 24$.

As shown in the table, in each condition, the felt intensity mean for the target emotion was greater than the means for the other three emotions. Out of the four emotion conditions, the intensity ratings show that dislike experiences were the least mixed with other target emotions, whereas the four emotions co-occurred most in experiences of hatred. Experiences of dislike had relatively less felt anger ($M$ = 2.92) contempt ($M$ = 2.29) and hatred ($M$ = 1.33) occurring with felt dislike ($M$ = 8.46). In contrast, hatred experiences had mean scores above the scale mid-point for anger ($M$ = 6.92) dislike ($M$ = 6.08) and contempt ($M$ = 6.00), together with elevated hatred scores ($M$ = 8.46). These results indicate that anger, contempt, and dislike could be felt with relatively little hatred, while hatred experiences were more mixed with each of the other emotions.

The Pearson correlations among the emotion predictor variables (across conditions) are shown in Table 3. Felt hatred was significantly correlated with anger, contempt, and dislike. The strongest association was between hatred and anger ($r$ = .42, $p$ < .001), then hatred and contempt ($r$ = .38, $p$ < .001), and hatred and dislike ($r$ = .19, $p$ < .05). Anger, contempt, and dislike were not significantly related to each other.

**Table 3**

*Pearson Correlations Among Target Emotion Predictor Variables*

| Variable | 1 | 2 | 3 | 4 |
|---|---|---|---|---|
| 1. Felt Dislike | -- | | | |
| 2. Felt Contempt | .02 | -- | | |
| 3. Felt Anger | -.09 | .13 | -- | |
| 4. Felt Hatred | .19* | .38*** | .42*** | -- |

*Note.* $N$ = 107.

* $p$ < .05, two-tailed. *** $p$ < .001, two-tailed.

*Responses Characteristic of Emotion Experiences*

The mean scores for each of the response component DVs (in each of the emotion conditions) are presented in Tables 4, 5, 6, and 7. For comparability, I re-scaled the 9-point bipolar scale ratings to 5-point scale ratings.

**Hypothesized Dislike Responses.** Of the 23 responses that were hypothesized to be particularly characteristic of dislike, 13 were rated highest by participants in the dislike condition (see Table 4). These responses fit a pattern of avoiding and decreasing contact with a person who was typically seen as having some undesirable (but non-blameworthy) aspect. For example, in addition to the item that measured [not] deserving blame, participants describing dislike experiences gave especially high ratings to "thinking there is something about this person that I don't want to be around," feeling like "avoiding communicating with this person," "communicating less with this person," and "wanting to avoid close contact with this person".

Participants describing experiences of dislike also rated four anger responses (see Table 6) and three contempt responses (see Table 7) higher than the participants describing experiences of contempt, anger, and hatred. However, the difference between the mean dislike condition score and the score of the next highest emotion condition was only ".01" for two of these items.

**Hypothesized Hatred Responses.** Those reporting an experience of hatred toward someone rated 26 of the 30 hate responses higher than the participants in the other emotion conditions (see Table 5). The mean scores for participants in the hatred condition were also highest for 32 non-target emotion responses (3 dislike-specific, 13 anger-specific, and 16 contempt-specific; respectively shown in Tables 4, 6, and 7). These

**Table 4**

*Mean Scores for Hypothesized Dislike Responses, by Condition*

| Comp | Q# | Item | Emotion Condition | | | |
|---|---|---|---|---|---|---|
| | | | Dislike[a] | Contempt[b] | Anger[c] | Hatred[d] |
| PHE | 17. Thinking that this person has an unappealing trait | | 3.23 | 3.09 | 2.30 | 2.71 |
| | 21. Thinking that what I am dealing with is undesirable [vs. undesirable and should not be this way] | | 2.50 | 2.39 | 2.48 | 2.54 |
| | 37. Thinking about how to avoid seeing or hearing this person | | 3.88 | 3.96 | 2.97 | 4.12 |
| | 42. Thinking that this person deserves to be blamed for something (R) | | 2.92 | 2.04 | 2.28 | 1.54 |
| | 43. Thinking that this person is harming you or harming a person you care about (R) | | 2.92 | 3.15 | 2.28 | 1.83 |
| | 44. Thinking that this person is unappealing rather than inferior | | 2.79 | 2.67 | 2.31 | 2.71 |
| | 48. Thinking there is something about this person that I don't want to be around [vs. inferior] | | 4.38 | 4.11 | 3.53 | 4.25 |
| | 53. Feeling turned off by this person [vs. revolted] | | 3.25 | 2.85 | 2.66 | 1.88 |
| EXP | 60. Feeling like focusing your attention away from this person | | 3.79 | 4.04 | 2.81 | 3.29 |
| | 61. Feeling like spending less time looking at this person | | 4.00 | 4.26 | 3.63 | 3.88 |
| BHV | 66. Feeling like spending no more than a minimum amount of time with this person | | 4.42 | 4.37 | 3.72 | 4.13 |
| | 74. Feeling like keeping your distance from this person | | 4.37 | 4.41 | 3.69 | 4.42 |
| | 75. Feeling like avoiding interacting with this person | | 4.42 | 4.52 | 3.56 | 4.29 |
| | 76. Feeling like communicating less with this person [vs. taking some action against this person] | | 4.38 | 3.87 | 3.56 | 2.90 |

Table 4 (continued)

| Comp | Q# | Item | Emotion Condition | | | |
|------|-----|------|---------|----------|-------|--------|
| | | | Dislike[a] | Contempt[b] | Anger[c] | Hatred[d] |
| | 78. | Feeling like avoiding communicating with this person [vs. treating this person as less capable than other people] | 4.52 | 3.93 | 4.00 | 3.60 |
| EMV | 103. | Wanting to minimize your contact with this person | 4.08 | 4.19 | 3.41 | 4.13 |
| | 106. | Wanting to avoid close contact with this person [vs. this person to be rejected by other people] | 4.17 | 3.85 | 3.55 | 3.88 |
| | 107. | Wanting to be some place other than with this person [vs. other people to see this person's shortcomings] | 3.58 | 3.30 | 3.28 | 3.29 |
| | 109. | Wanting to be away from this person [vs. other people to exclude this person] | 4.08 | 3.78 | 3.58 | 3.88 |
| STR | 86. | Seeking to allow no more than a limited amount of interaction with this person | 3.96 | 4.15 | 2.75 | 4.08 |
| | 91. | Seeking to limit my interaction with this person [vs. get this person out of my life altogether] | 3.54 | 2.20 | 3.34 | 2.23 |
| | 93. | Seeking to get myself away from this person [vs. get this person away from me] | 3.33 | 3.26 | 3.14 | 2.65 |
| | 94. | Seeking to move myself away from this person [vs. move this person away from me] | 3.25 | 3.22 | 3.56 | 2.73 |

*Note.* Comp=component. Q#=question number in Appendices A and B. PHE=phenomenology. EXP=expressive. BHV=behavioral. EMV=emotivational goal. STR=strategy. "Vs." and text in brackets indicates bipolar scale contrasting hypothesized emotions. (R)=reverse-scored item. [a]$n = 24$. [b]$n = 27$. [c]$n = 32$. [d]$n = 24$.

**Table 5**

*Mean Scores for Hypothesized Hatred Responses, by Condition*

| Comp | Q# | Item | Emotion Condition | | | |
|---|---|---|---|---|---|---|
| | | | Dislike[a] | Contempt[b] | Anger[c] | Hatred[d] |
| PHE | 21. Thinking that what I am dealing with is undesirable and should not be this way[e] [vs. undesirable.] | | 3.50 | 3.61 | 3.52 | 3.46 |
| | 23. Thinking that this person was intentionally harming me or a person I care about | | 3.33 | 3.52 | 3.81 | 4.19 |
| | 27. Thinking that this person lacks good qualities | | 3.33 | 4.04 | 3.06 | 3.83 |
| | 28. Thinking that this person has some good qualities (R) | | 4.04 | 4.41 | 4.19 | 4.67 |
| | 31. Thinking that this person is interfering with your goals | | 2.71 | 2.67 | 2.56 | 3.50 |
| | 32. Thinking that this person is immoral[f] | | 2.83 | 3.44 | 2.69 | 4.04 |
| | 34. Thinking about actions you could take against this person in the future[g] | | 2.08 | 2.67 | 2.41 | 3.33 |
| | 35. Thinking that this person cannot be changed | | 3.75 | 3.74 | 3.00 | 4.08 |
| | 38. Thinking that you could forgive this person (R) | | 3.63 | 4.37 | 4.19 | 4.50 |
| | 39. Thinking that this person is evil | | 2.00 | 2.30 | 2.34 | 3.58 |
| | 43. Thinking that this person is harming you or harming a person you care about[g] | | 3.08 | 2.85 | 3.72 | 4.17 |
| | 46. Thinking you would be justified in physically attacking this person | | 1.17 | 1.70 | 1.50 | 2.58 |
| | 47. Thinking that this person is deliberately harming me or someone that I care about [vs. treating unfairly] | | 2.35 | 2.59 | 2.80 | 3.63 |
| | 49. Thinking that this person is deliberately harming me or someone that I care about [vs. making feel bad] | | 2.38 | 2.81 | 2.19 | 3.21 |
| EXP | 54. Feeling your eyes narrowing when looking at this person | | 2.42 | 3.37 | 3.00 | 2.88 |
| BHV | 64. Feeling like hitting this person | | 1.29 | 2.37 | 1.81 | 3.25 |

Table 5 (continued)

| Comp | Q# | Item | Emotion Condition | | | |
|---|---|---|---|---|---|---|
| | | | Dislike[a] | Contempt[b] | Anger[c] | Hatred[d] |
| | 65. Feeling like encouraging other people to attack this person | | 1.21 | 1.52 | 1.75 | 2.58 |
| | 71. Feeling like killing this person | | 1.13 | 1.37 | 1.34 | 1.75 |
| | 77. Feeling like causing this person pain [vs. treating this person as less capable than other people] | | 2.23 | 2.41 | 2.84 | 3.44 |
| | 82. Fantasizing about bad things happening to this person | | 1.38 | 2.00 | 1.91 | 2.96 |
| | 83. Looking for an opportunity to take action against this person | | 1.87 | 2.07 | 2.09 | 2.75 |
| EMV | 98. Wanting this person out of your life | | 3.00 | 4.04 | 2.72 | 4.33 |
| | 101. Wanting to hurt this person in some way[g] | | 1.17 | 1.85 | 1.84 | 2.58 |
| | 102. Wanting to get rid of this person | | 1.92 | 3.00 | 2.31 | 3.63 |
| | 105. Wanting to harm this person [vs. make feel bad] | | 2.15 | 2.41 | 2.25 | 2.63 |
| | 108. Wanting this person to suffer [vs. feel bad] | | 2.10 | 2.57 | 2.11 | 3.02 |
| STR | 87. Seeking to eliminate this person as a source of harm | | 2.17 | 2.74 | 2.81 | 3.50 |
| | 88. Seeking to destroy this person mentally, socially, or physically | | 1.33 | 1.85 | 1.63 | 2.25 |
| | 91. Seeking to get this person out of my life altogether [vs. limit my interaction with this person] | | 2.46 | 3.80 | 2.66 | 3.77 |
| | 92. Seeking to get this person out of my life forever [vs. make this person change their behavior] | | 2.44 | 3.78 | 2.70 | 4.08 |

*Note.* Comp=component. Q#=question number in Appendices A and B. PHE=phenomenology.

EXP=expressive. BHV=behavioral. EMV=emotivational goal. STR=strategy. "Vs." and text in brackets

indicates bipolar scale contrasting hypothesized emotions. (R)=reverse-scored item. [a]$n=24$. [b]$n=27$. [c]$n=32$. [d]$n=$

24. [e]Also hypothesized for anger and contempt. [f]Also hypothesized for contempt. [g]Also hypothesized for anger.

**Table 6**

*Mean Scores for Hypothesized Anger Responses, by Condition*

| Comp | Q# | Item | Emotion Condition | | | |
|---|---|---|---|---|---|---|
| | | | Dislike[a] | Contempt[b] | Anger[c] | Hatred[d] |
| PHE | 21. Thinking that what I am dealing with is undesirable and should not be this way[e] [vs. undesirable.] | | 3.50 | 3.61 | 3.52 | 3.46 |
| | 22. Thinking that what I am dealing with is undesirable and unfair | | 3.85 | 3.46 | 3.94 | 4.19 |
| | 34. Thinking about actions you could take against this person in the future[f] | | 2.08 | 2.67 | 2.41 | 3.33 |
| | 40. Thinking that this person is unfairly treating you or a person you care about | | 3.83 | 3.41 | 4.13 | 4.50 |
| | 43. Thinking that this person is harming you or harming a person you care about[f] | | 3.08 | 2.85 | 3.72 | 4.17 |
| | 47. Thinking that this person is treating me or someone that I care about unfairly [vs. deliberately harming] | | 3.65 | 3.41 | 3.20 | 2.38 |
| | 49. Thinking that this person is making me or someone that I care about feel bad [vs. deliberately harming] | | 3.63 | 3.19 | 3.81 | 2.79 |
| | 51. Feeling ready to explode | | 1.96 | 2.56 | 3.00 | 3.33 |
| | 52. Feeling boiling hot | | 1.75 | 2.44 | 3.34 | 3.38 |
| EXP | 55. Feeling your fists clenched | | 1.67 | 2.37 | 2.63 | 3.00 |
| | 56. Feeling your lips pressed together | | 2.46 | 2.78 | 2.81 | 3.12 |
| | 57. Feeling yourself gritting your teeth | | 2.00 | 3.04 | 3.13 | 3.08 |
| BHV | 67. Feeling like making a negative remark to this person about their behavior | | 3.75 | 3.63 | 3.97 | 4.42 |
| | 69. Feeling like yelling at this person | | 2.71 | 3.37 | 3.78 | 4.04 |
| | 72. Feeling like confronting this person | | 3.29 | 3.56 | 3.66 | 3.79 |

Table 6 (continued)

| Comp | Q# | Item | Dislike[a] | Contempt[b] | Anger[c] | Hatred[d] |
|------|-----|------|---------|----------|-------|--------|
| | | | | Emotion Condition | | |
| | 73. Feeling like attacking this person either verbally or physically | | 1.83 | 2.70 | 2.44 | 3.46 |
| | 76. Feeling like taking some action against this person [vs. communicating less] | | 1.63 | 2.13 | 2.44 | 3.10 |
| EMV | 96. Wanting to get back at this person | | 1.50 | 1.89 | 2.31 | 3.25 |
| | 97. Wanting to restore good relations with this person eventually | | 1.96 | 1.81 | 2.09 | 1.46 |
| | 101. Wanting to hurt this person in some way[f] | | 1.17 | 1.85 | 1.84 | 2.58 |
| | 105. Wanting to make this person feel bad [vs. harm] | | 3.85 | 3.59 | 3.75 | 3.38 |
| | 108. Wanting this person to feel bad [vs. suffer] | | 3.90 | 3.43 | 3.89 | 2.98 |
| | 110. Wanting to make this person feel bad [vs. exclude this person from my group] | | 2.63 | 2.63 | 3.52 | 2.98 |
| STR | 85. Seeking to influence this person's behavior | | 2.67 | 2.22 | 2.78 | 1.87 |
| | 89. Seeking to take action against this person | | 1.96 | 2.44 | 2.38 | 3.00 |
| | 92. Seeking to make this person change their behavior [vs. get this person out of my life forever] | | 3.56 | 2.22 | 3.30 | 1.92 |

*Note.* Comp=component. Q#=question number in Appendices A and B. PHE=phenomenology. EXP=expressive. BHV=behavioral. EMV=emotivational goal. STR=strategy. "Vs." and text in brackets indicates bipolar scale contrasting hypothesized emotions. [a]$n = 24$. [b]$n = 27$. [c]$n = 32$. [d]$n = 24$. [e]Also hypothesized for hatred and contempt. [f]Also hypothesized for hatred.

**Table 7**

*Mean Scores for Hypothesized Contempt Responses, by Condition*

| Comp | Q# | Item | Emotion Condition | | | |
|---|---|---|---|---|---|---|
| | | | Dislike[a] | Contempt[b] | Anger[c] | Hatred[d] |
| PHE | 21. Thinking that what I am dealing with is undesirable and should not be this way[e] [vs. undesirable.] | | 3.50 | 3.61 | 3.52 | 3.46 |
| | 29. Thinking that this person is beneath your standards | | 2.46 | 3.78 | 2.37 | 3.13 |
| | 30. Thinking that this person is stupid | | 1.96 | 3.22 | 2.75 | 2.96 |
| | 32. Thinking that this person is immoral[f] | | 2.83 | 3.44 | 2.69 | 4.04 |
| | 33. Thinking that this person is incompetent | | 2.21 | 3.30 | 2.69 | 3.50 |
| | 36. Thinking that this person is unworthy | | 1.83 | 3.41 | 2.75 | 3.54 |
| | 41. Thinking that something about this person is inferior | | 1.79 | 2.81 | 2.06 | 2.63 |
| | 45. Thinking that people in your group have a low opinion of this person | | 2.50 | 2.59 | 1.97 | 3.04 |
| | 48. Thinking that this person is inferior in some way [vs. something I don't want to be around] | | 1.63 | 1.89 | 2.47 | 1.75 |
| | 53. Feeling revolted by this person [vs. turned off] | | 2.75 | 3.15 | 3.34 | 4.13 |
| EXP | 59. Feeling like making fun of this person | | 1.58 | 1.81 | 1.59 | 2.37 |
| | 62. Feeling like sneering at this person | | 2.00 | 2.41 | 2.50 | 3.29 |
| | 63. Feeling like rolling your eyes at this person | | 3.38 | 3.15 | 2.81 | 3.00 |
| BHV | 68. Feeling like telling a third party about this person's shortcomings | | 3.33 | 3.37 | 3.56 | 3.79 |
| | 70. Feeling like making a negative remark about this person to a third party | | 3.17 | 3.33 | 3.63 | 3.63 |
| | 77. Feeling like treating this person as less capable than other people [vs. causing pain] | | 3.77 | 3.59 | 3.16 | 2.56 |
| | 78. Feeling like treating this person as less capable than other people [vs. avoiding communicating] | | 1.48 | 2.07 | 2.00 | 2.40 |

Table 7 (continued)

| Comp | Q# | Item | Emotion Condition | | | |
|------|-----|------|---------|----------|-------|--------|
| | | | Dislike[a] | Contempt[b] | Anger[c] | Hatred[d] |
| | 81. Looking down on this person | | 1.88 | 3.11 | 2.41 | 3.13 |
| EMV | 95. Wanting to exclude this person from a group that you belong to | | 2.96 | 3.52 | 2.63 | 3.54 |
| | 99. Wanting to have nothing to do with this person | | 3.42 | 4.15 | 2.87 | 4.38 |
| | 100. Wanting to keep this person from coming into contact with you | | 3.25 | 3.93 | 2.75 | 4.25 |
| | 104. Wanting this person to be rejected by people | | 1.71 | 2.59 | 2.19 | 3.00 |
| | 106. Wanting this person to be rejected by other people [vs. avoid close contact] | | 1.83 | 2.15 | 2.45 | 2.13 |
| | 107. Wanting other people to see this person's shortcomings [vs. be some place other than with this person] | | 2.42 | 2.70 | 2.72 | 2.71 |
| | 109. Wanting other people to exclude this person [vs. be away from this person] | | 1.92 | 2.22 | 2.42 | 2.13 |
| | 110. Wanting to exclude this person from my group [vs. make this person feel bad] | | 3.38 | 3.37 | 2.48 | 3.02 |
| STR | 90. Seeking to get this person away from you | | 3.71 | 4.11 | 3.22 | 4.13 |
| | 93. Seeking to get this person away from me [vs. get myself away from this person] | | 2.67 | 2.74 | 2.86 | 3.35 |
| | 94. Seeking to move this person away from me [vs. move myself away from this person] | | 2.75 | 2.78 | 2.44 | 3.27 |

*Note.* Comp=component. Q#=question number in Appendices A and B. PHE=phenomenology.

EXP=expressive. BHV=behavioral. EMV=emotivational goal. STR=strategy. "Vs." and text in brackets

indicates bipolar scale contrasting hypothesized emotions. [a]*n* = 24. [b]*n* = 27. [c]*n* = 32. [d]*n* = 24. [e]Also

hypothesized for hatred and anger. [f]Also hypothesized for hatred.

responses fit a pattern of multiple emotions as characteristic of hatred. For example, in addition to the hatred item that measured someone [not] having good qualities, the dislike distancing tendency "feeling like keeping your distance from this person" and the anger attacking tendency "feeling like making a negative remark to this person about their behavior," as well as the contempt goal of having "nothing to do with this person" and strategy of getting "this person away from you" were rated particularly high by the participants in the hatred condition.

Overall, the mean response scores show that the participants describing experiences of dislike rarely reported a response of another emotion as characteristic of their dislike. In contrast, participants describing experiences of hatred more often reported that their hatred involved characteristics of other emotions.

**Testing Hypotheses About Discrete Emotions**

Separable predictions were made about the particular response characteristics of each emotion. As part of testing the hypotheses that dislike and hatred are discrete emotions, I analyzed each response component dependent variable (each phenomenological, expressive, behavioral, emotivational goal, and strategy characteristic) separately using hierarchical multiple regressions. After correcting for any violations of linearity (for discussion of the tests, see Appendix E), these analyses determined the *amount of unique variance in each hypothesized response that was added by each predictor variable (i.e., each emotion intensity score,* after controlling for the other three emotion intensity scores), and were used as the basis for testing whether each response component hypothesis was supported for a particular emotion. As the emotions co-occurred in experiences of hatred (see Table 2), and hatred was correlated with each

of the other emotions (see Table 3), hierarchical regressions were particularly appropriate

for testing these hypotheses because they take account of emotion co-occurrence (cf.

Lemay, Overall, & Clark, 2012).

As the change in $R^2$ is a non-directional test, partial correlations were calculated

to supplement the hierarchical regressions by assessing the direction of association

between an emotion predictor and a dependent variable (after controlling for the other

emotions). The partial correlations are given in Appendix F, Tables F1, F2, F3, F4, and

F5 (Tabachnick & Fidell, 1996).

### *Response Profiles of Dislike and Hatred*

**Phenomenological Responses of Dislike.** Table 8 presents the unique variance

predicted by each of the target emotions for each measured phenomenological response.

Of the eight responses predicted to be characteristic of the emotion of dislike, felt dislike

added significant unique variance only for the item measuring "thinking about how to

avoid seeing or hearing this person" ($\Delta R^2 = .13$, $p = .001$). Both hatred and contempt also

explained significant variance for this response, but to a lesser extent than dislike did

(i.e., dislike uniquely accounted for 13% of the variance in thinking about how to avoid

seeing or hearing someone, while contempt accounted for 5% and hatred 4%).

The contempt hypothesis "thinking that people in your group have a low opinion

of this person" had significant unique variance explained by dislike ($\Delta R^2 = .05$, $p = .010$),

and even more by hatred ($\Delta R^2 = .06$, $p = .005$), contrary to predictions. However, the

above-mentioned .13 change in $R^2$ indicated that thoughts of avoidance were more

characteristic of the phenomenological component of dislike.

**Table 8**

*Results of Hierarchical Regressions for Felt Emotion Predicting Phenomenology*

| Emo | Variable | Dislike | Contempt | Anger | Hatred |
|---|---|---|---|---|---|
| **Ht** | **Interferes with your goals X Lacks good qualities** | .02 (.158) | **.04 (.019)** | .00[a] (.760) | **.05 (.012)** |
| **Ht** | **This person is evil** | .00 (.501) | .01 (.372) | .00 (.854) | **.14 (.000)** |
| Ht | This person has some good qualities (R) | .00[a] (.844) | .03 (.100) | .02 (.123) | .00 (.670) |
| **Ht** | **This person cannot be changed** | .00 (.498) | .00 (.623) | **.09[a] (.001)** | **.07 (.004)** |
| **Ht** | **This person was intentionally harming me or a person I care about** | .00 (.603) | .00 (.716) | .01 (.439) | **.04 (.047)** |
| **Ht** | **You would be justified in physically attacking this person** | .01[a] (.439) | .00 (.988) | .00[a] (.731) | **.15 (.000)** |
| Ht | You could forgive this person (R) | .03[a] (.067) | .02 (.182) | .03 (.061) | .02 (.163) |
| Ht [*vs.* An] | This person is deliberately harming me or someone that I care about [vs. making feel bad] | .01[a] (.294) | .01 (.332) | .02[a] (.191) | .03 (.066) |
| **Ht [*vs.* An]** | **This person is deliberately harming me or someone that I care about [vs. treating unfairly]** | .00[a] (.593) | .00 (.908) | .00 (.532) | **.04 (.029)** |
| An | What I am dealing with is undesirable and unfair | .00 (.897) | .01[a] (.296) | .01 (.466) | .00 (.687) |
| An | This person is unfairly treating you or a person you care about | .01 (.221) | .01[a] (.215) | .02 (.109) | .01 (.215) |
| **AnHt** | **Actions you could take against this person in the future** | .01 (.301) | .00 (.584) | .00 (.644) | **.08 (.002)** |
| AnHt | This person is harming you or harming a person you care about[b] | .01 (.282) | .01[a] (.359) | .03 (.057) | .02 (.116) |
| Dl | This person is unappealing rather than inferior | .03 (.064) | .00 (.494) | .01[a] (.292) | .00[a] (.678) |
| Dl | This person has an unappealing trait | .02 (.144) | .00 (.942) | .02[a] (.186) | .00[a] (.730) |
| **Dl** | **How to avoid seeing or hearing this person** | **.13[c] (.001)** | **.05 (.012)** | .02[a] (.136) | **.04 (.030)** |
| **Dl** | **This person deserves to be blamed for something (R)** | .00[a] (.552) | **.04[a] (.032)** | .03[a] (.079) | .03[a] (.068) |

Table 8 (continued)

| Emo | Variable | Dislike | Contempt | Anger | Hatred |
|---|---|---|---|---|---|
| Dl [vs. Ct] | There is something about this person that I don't want to be around [vs. this person is inferior in some way] | .01 (.256) | .00ᵃ (.851) | .04ᵃ (.051) | .01 (.335) |
| AnCt Ht [vs. Dl] | What I am dealing with is undesirable and should not be this way [vs. what I am dealing with is undesirable.] | .00ᵃ (.845) | .00ᵃ (.522) | .01 (.378) | .00ᵃ (.787) |
| **CtHt** | **This person is immoral** | .01 (.204) | **.04 (.029)** | .00ᵃ (.485) | **.06 (.008)** |
| **Ct** | **This person is unworthy** | .01ᵃ (.166) | **.07 (.003)** | .00ᵃ (.641) | **.07 (.003)** |
| **Ct** | **Something about this person is inferior** | .00ᵃ (.666) | **.05 (.014)** | .00ᵃ (.628) | .02 (.181) |
| **Ct** | **This person is incompetent** | .00 (.680) | **.17 (.000)** | .00 (.570) | .01 (.262) |
| **Ct** | **This person is beneath your standards** | .01 (.344) | **.16 (.000)** | .01ᵃ (.413) | .00 (.702) |
| **Ct** | **People in your group have a low opinion of this person** | **.05 (.010)** | .01 (.259) | .02ᵃ (.148) | **.06 (.005)** |
| **Ct** | **This person is stupid** | .00 (.998) | **.11 (.000)** | .02 (.130) | .01 (.284) |
| **An** | **Feel boiling hot** | .00ᵃ (.548) | .00ᵃ (.496) | **.11 (.000)** | **.07 (.001)** |
| **An** | **Feel ready to explode** | .00 (.774) | .00 (.863) | **.05 (.009)** | **.06 (.006)** |
| **Dl [vs. Ct]** | **Feel turned off by this person [vs. feel revolted by this person]** | .01ᵃ (.363) | .00ᵃ (.606) | .01ᵃ (.206) | **.09ᵃ (.001)** |

*Note.* $N = 107$. Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. Values in the table are change in $R^2$ when variable is entered last in regression (*p* values in parentheses). Significant results in bold. "*Vs.*" and text in brackets indicates bipolar scale contrasting hypothesized emotions. (R) denotes reverse-scored item. ᵃPartial correlation indicates a negative relationship. ᵇReversed item was hypothesized for dislike. ᶜNon-linear term(s) included in regression.

**Phenomenological Responses of Hatred.** Eight of the 13 responses hypothesized for hatred had the greatest unique variance contributed by hatred intensity ratings (see Table 8). The hatred intensity ratings accounted for the most significant unique variance

in the items "thinking you would be justified in physically attacking this person" ($\Delta R^2 = $

.15, $p < .001$), and "thinking that this person is evil" ($\Delta R^2 = .14$, $p < .001$). To test the

hypothesis that hatred involved *the combination of* thinking that someone's actions *and*

intrinsic qualities were undesirable, I multiplied the ratings made by participants for

Question 31 (this person is interfering with your goals) and Question 27 (this person

lacks good qualities). This combined instrumental X intrinsic variable (the first row of

Table 8) received partial support. Felt hatred did add significant unique variance for this

response ($\Delta R^2 = .05$, $p = .012$), though contempt was also significant ($\Delta R^2 = .04$, $p = $

.019).

Contrary to predictions, hatred accounted for significant unique variance in six

responses of other emotions. However, these responses were less characteristic of hatred

than thinking that you would be justified in physically attacking someone or thinking that

this person is evil.

**Expressive Responses of Dislike.** As shown in Table 9, two expressive responses

were expected to be uniquely predicted by dislike. As predicted, felt dislike accounted for

significant unique variance in one of them, "feeling like spending less time looking at this

person" ($\Delta R^2 = .05$, $p = .022$). However, this response also had significant unique

variance explained by contempt ($\Delta R^2 = .05$, $p = .016$), and so did the other hypothesized

dislike response "feeling like focusing your attention away from this person" ($\Delta R^2 = .06$,

$p = .011$). Contrary to predictions, felt dislike uniquely predicted the hypothesized

contempt response "feeling like rolling your eyes at this person" ($\Delta R^2 = .05$, $p = .023$).

**Expressive Responses of Hatred.** The hatred intensity ratings did not account for

significant unique variance in the one expressive response that was predicted to be

**Table 9**

*Results of Hierarchical Regressions for Felt Emotion Predicting Expressive Responses*

| Emo | Variable | Dislike | Contempt | Anger | Hatred |
|-----|----------|---------|----------|-------|--------|
| Ht | Feel your eyes narrowing when looking at this person | .00ᵃ (.871) | .02 (.131) | .00 (.634) | .00 (.928) |
| An | Feel your lips pressed together | .00ᵃ (.633) | .00 (.787) | .00ᵃ (.915) | .02 (.123) |
| **An** | **Feel your fists clenched** | .03ᵃ (.066) | .00ᵃ (.615) | .01 (.221) | **.11 (.000)** |
| An | Feel yourself gritting your teeth | .02ᵃ (.166) | .01 (.401) | .03ᵇ (.181) | .03 (.092) |
| **Dl** | **Feel like spending less time looking at this person** | **.05 (.022)** | **.05 (.016)** | .01ᵃ (.416) | .01ᵃ (.363) |
| **Dl** | **Feel like focusing your attention away from this person** | .03 (.057) | **.06 (.011)** | **.05ᵃ (.018)** | .02ᵃ (.156) |
| **Ct** | **Feel like sneering at this person** | .00ᵃ (.859) | .00 (.800) | .00ᵃ (.959) | **.10 (.001)** |
| **Ct** | **Feel like rolling your eyes at this person** | **.05 (.023)** | .02 (.176) | .00 (.995) | .01ᵃ (.325) |
| **Ct** | **Feel like making fun of this person** | .00 (.797) | **.08ᵇ (.032)** | .00ᵃ (.545) | .03 (.063) |

*Note.* $N = 107$. Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. Values in the table are change in $R^2$ when variable is entered last in regression (*p* values in parentheses). Significant results in bold. ᵃPartial correlation indicates a negative relationship. ᵇNon-linear term(s) included in regression.

explained by the emotion of hatred (feeling your eyes narrowing when looking at this person). Hatred did explain significant unique variance for "feeling your fists clenched" ($\Delta R^2 = .11$, $p < .001$) and "feeling like sneering at this person" ($\Delta R^2 = .10$, $p = .001$), though the former was hypothesized for the emotion of anger, and the latter for contempt.

**Behavioral Responses of Dislike.** The hierarchical regression results for each of the measured behavioral responses are presented in Table 10. Four of the five responses hypothesized for dislike had the most unique variance attributable to dislike intensity ratings. As shown in the table, felt dislike added significant unique variance for the items

**Table 10**

*Results of Hierarchical Regressions for Felt Emotion Predicting Behavioral Responses*

| Emo | Variable | Dislike | Contempt | Anger | Hatred |
|---|---|---|---|---|---|
| **Ht** | **Feel like encouraging other people to attack this person** | .01$^a$ (.365) | .01$^a$ (.371) | .00 (.839) | **.17 (.000)** |
| **Ht** | **Feel like hitting this person** | .00$^b$ (.846) | .01 (.193) | .01 (.268) | **.13 (.000)** |
| **Ht** | **Feel like killing this person** | .01$^a$ (.345) | .01$^a$ (.329) | .00$^a$ (.496) | **.12$^b$ (.006)** |
| **Ht [*vs. Ct*]** | **Feel like causing this person pain** **[vs. treating this person as less capable than others]** | .01$^a$ (.175) | .03$^a$ (.071) | .01 (.231) | **.15 (.000)** |
| **Ht** | **Look for an opportunity to take action against this person** | .00$^a$ (.858) | .00$^a$ (.643) | .00 (.718) | **.08 (.003)** |
| **Ht** | **Fantasize about bad things happening to this person** | .00 (.966) | .00 (.640) | .00 (.500) | **.19$^b$ (.000)** |
| An | Feel like confronting this person | .00 (.908) | .00 (.928) | .03 (.080) | .01 (.265) |
| **An** | **Feel like attacking this person either verbally or physically** | .00$^a$ (.685) | .00 (.806) | .00 (.688) | **.14 (.000)** |
| An | Feel like making a negative remark to this person about their behavior | .03 (.090) | .00$^a$ (.679) | .02 (.100) | .03 (.076) |
| **An** | **Feel like yelling at this person** | .00 (.899) | .00$^a$ (.925) | **.11 (.000)** | **.05 (.012)** |
| **Dl [*vs. An*]** | **Feel like communicating less with this person** **[vs. taking some action against this person]** | .03 (.066) | .02 (.110) | .00$^a$ (.672) | **.13$^a$ (.000)** |
| **Dl** | **Feel like avoiding interacting with this person** | **.07 (.005)** | .03 (.050) | .02$^a$ (.111) | .00 (.814) |
| **Dl** | **Feel like keeping your distance from this person** | **.06 (.008)** | .02 (.108) | .01$^a$ (.399) | .00 (.901) |
| **Dl** | **Feel like spending no more than a minimum amount of time with this person** | **.07 (.005)** | .03 (.074) | .00 (.692) | .01$^a$ (.394) |
| **Dl [*vs. Ct*]** | **Feel like avoiding communicating with this person** **[vs. treating this person as less capable than others]** | **.08$^b$ (.035)** | .00$^a$ (.881) | .00$^a$ (.766) | .01$^a$ (.421) |
| **Ct** | **Feel like making a negative remark about this person to a third party** | **.16$^b$ (.000)** | .00 (.954) | .05$^b$ (.083) | .00 (.609) |

Table 10 (continued)

| Emo | Variable | Dislike | Contempt | Anger | Hatred |
|-----|----------|---------|----------|-------|--------|
| Ct | Feel like telling a third party about this person's shortcomings | .01 (.430) | .00 (.732) | .02 (.143) | .00 (.674) |
| **Ct** | **Look down on this person** | .01ª (.388) | **.07 (.005)** | .00ª (.717) | **.04 (.034)** |

*Note.* $N = 107$. Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. Values in the table are change in $R^2$ when variable is entered last in regression ($p$ values in parentheses). Significant results in bold. "*Vs.*" and text in brackets indicates bipolar scale contrasting hypothesized emotions. ªPartial correlation indicates a negative relationship. ᵇNon-linear term(s) included in regression.

that measured hypothesized tendencies of "spending no more than a minimum amount of time with this person" ($\Delta R^2 = .07$, $p = .005$), "avoiding interacting with this person" ($\Delta R^2 = .07$, $p = .005$), "keeping your distance from this person" ($\Delta R^2 = .06$, $p = .008$), and "avoiding communicating with this person" ($\Delta R^2 = .08$, $p = .035$).

Felt dislike additionally predicted significant unique variance in one contempt response (feeling like making a negative remark about someone to a third party), but this was the only response hypothesized for anger, contempt, or hatred, that had significant unique variance contributed by dislike intensity ratings. Overall, the results of the behavioral component consistently supported dislike for the hypothesized tendencies of decreased interaction and interpersonal avoidance.

**Behavioral Responses of Hatred.** Each of the six behavioral responses hypothesized for hatred had the greatest unique variance contributed by hatred intensity ratings. Out of the six responses, hatred *most* uniquely predicted the item "fantasizing about bad things happening to this person" ($\Delta R^2 = .19$, $p < .001$), and then the tendencies of "encouraging other people to attack this person" ($\Delta R^2 = .17$, $p < .001$), "causing this

person pain" ($\Delta R^2 = .15$, $p < .001$), "hitting this person" ($\Delta R^2 = .13$, $p < .001$), and

"killing this person" ($\Delta R^2 = .12$, $p = .006$), and the behavior "looking for an opportunity

to take action against this person" ($\Delta R^2 = .08$, $p = .003$).

Contrary to predictions, the intensity ratings of hatred also explained significant

unique variance in the hypothesized anger responses "feeling like attacking this person

either verbally or physically" ($\Delta R^2 = .14$, $p < .001$), "feeling like taking some action

against this person" ($\Delta R^2 = .13$, $p < .001$) and "feeling like yelling at this person" ($\Delta R^2 = .05$, $p = .012$), as well as the hypothesized contempt response "looking down on this

person" ($\Delta R^2 = .04$, $p = .034$). However, none of these responses were more uniquely

predicted by hatred than fantasizing about bad things happening to this person.

**Goal Responses of Dislike.** The unique variance attributable to felt anger,

contempt, dislike, and hatred for each of the measured emotivational goal responses are

shown in Table 11. Of the four goals predicted to be uniquely explained by the emotion

of dislike, felt dislike added significant unique variance for only the item "wanting to be

away from this person" ($\Delta R^2 = .12$, $p = .006$).

Contrary to predictions, two goals hypothesized for contempt had significant

unique variance explained by dislike (wanting to exclude someone from a group that you

belong to; wanting someone to be rejected by people). Dislike also accounted for

significant unique variance in one goal hypothesized for anger and hatred (wanting to

hurt this person in some way), but this response was most uniquely predicted by hatred.

Compared to the goal of being away from someone, each of these goals were less typical

of dislike (e.g., felt dislike uniquely accounted for 12% of the variance in wanting to be

away from someone vs. 7% of the variance in wanting to exclude a person from a group

**Table 11**

*Results of Hierarchical Regressions for Felt Emotion Predicting Emotivational Goal*

| Emo | Variable | Dislike | Contempt | Anger | Hatred |
|---|---|---|---|---|---|
| **Ht** | **Want this person out of your life** | .00 (.736) | **.06 (.006)** | .02[a] (.101) | **.10 (.000)** |
| **Ht** | **Want to get rid of this person** | .00[a] (.665) | .01 (.186) | .00[a] (.578) | **.11 (.000)** |
| Ht [*vs.* An] | Want to harm this person [vs. make this person feel bad] | .03[a] (.105) | .00 (.830) | .00 (.922) | .01 (.325) |
| **Ht [*vs.* An]** | **Want this person to suffer** [vs. to feel bad] | .03[a] (.054) | .00 (.985) | .01[a] (.243) | **.11[b] (.007)** |
| **AnHt** | **Want to hurt this person in some way** | **.06[c] (.031)** | .00 (.987) | .01 (.329) | **.12 (.000)** |
| **An** | **Want to get back at this person** | .00[a] (.698) | .01[a] (.152) | .01 (.178) | **.18 (.000)** |
| **An** | **Want to restore good relations with this person eventually** | .01[a] (.392) | .01[a] (.353) | .00[a] (.615) | **.04[a] (.037)** |
| **Ct [*vs.* An]** | **Want to exclude this person from my group** [vs. make this person feel bad] | .03 (.069) | **.04 (.044)** | .01[a] (.206) | .02[a] (.186) |
| Dl | Want to minimize your contact with this person | .03 (.071) | .01 (.353) | .02[a] (.162) | .02 (.123) |
| Dl [*vs.* Ct] | Want to be some place other than with this person [vs. other people to see this person's shortcomings] | .00[a] (.696) | .01[a] (.476) | .02[a] (.193) | .00[a] (.940) |
| Dl [*vs.* Ct] | Want to avoid close contact with this person [vs. this person to be rejected by other people] | .03 (.090) | .00 (.994) | .01[a] (.464) | .00 (.859) |
| **Dl [*vs.* Ct]** | **Want to be away from this person** [vs. other people to exclude this person] | **.12[b] (.006)** | .00 (.478) | .00[a] (.870) | .01 (.389) |
| **Ct** | **Want this person to be rejected by people** | **.06[b] (.049)** | .02 (.069) | .00[a] (.963) | **.10[b] (.004)** |
| **Ct** | **Want to keep this person from coming into contact with you** | .00 (.501) | **.05 (.020)** | .01[a] (.363) | **.06 (.006)** |
| **Ct** | **Want to exclude this person from a group that you belong to** | **.07 (.005)** | **.04 (.035)** | .00[a] (.539) | .01 (.254) |
| **Ct** | **Want to have nothing to do with this person** | .00 (.521) | **.04 (.019)** | .03[a] (.059) | **.07 (.004)** |

that you belong to). Thus, wanting to be away from a person was most characteristic of the emotivational goal component of dislike.

**Goal Responses of Hatred.** Four of the five goals hypothesized for hatred had the most unique variance explained by hatred. As predicted, felt hatred added significant unique variance for "wanting to hurt this person in some way" ($\Delta R^2 = .12$, $p < .001$), "wanting to get rid of this person" ($\Delta R^2 = .11$, $p < .001$), "wanting this person to suffer" ($\Delta R^2 = .11$, $p = .007$), and "wanting this person out of your life" ($\Delta R^2 = .10$, $p < .001$).

However, contrary to predictions, the goal most uniquely predicted by hatred was "wanting to get back at this person" ($\Delta R^2 = .18$, $p < .001$), which was hypothesized for anger. Three goals hypothesized for contempt had the greatest unique variance contributed by hatred intensity ratings, contrary to predictions: "wanting this person to be rejected by people" ($\Delta R^2 = .10$, $p = .004$); "wanting to have nothing to do with this person" ($\Delta R^2 = .07$, $p = .004$); and "wanting to keep this person from coming into contact with you" ($\Delta R^2 = .06$, $p = .006$).

**Strategies of Dislike.** Table 12 presents the results of the hierarchical regressions for each of the different strategy responses. It was predicted that dislike intensity ratings would account for unique variance in four items that measured the strategies of moving

**Table 12**

*Results of Hierarchical Regressions for Felt Emotion Predicting Strategy*

| Emo | Variable | Dislike | Contempt | Anger | Hatred |
|---|---|---|---|---|---|
| **Ht** | **Seek to eliminate this person as a source of harm** | .00 (.932) | .00 (.719) | .00 (.582) | **.05 (.020)** |
| **Ht** | **Seek to destroy this person mentally, socially, or physically** | .01ᵃ (.386) | .00 (.944) | .00ᵃ (.862) | **.11 (.000)** |
| **Ht [*vs.* Dl]** | **Seek to get this person out of my life altogether [vs. limit my interaction with this person]** | .01ᵃ (.410) | **.05 (.013)** | .01ᵃ (.452) | **.05 (.017)** |
| **Ht [*vs.* An]** | **Seek to get this person out of my life forever [vs. make this person change their behavior]** | .00ᵃ (.489) | **.05 (.015)** | .02ᵃ (.117) | **.12 (.000)** |
| **An** | **Seek to take action against this person** | .00ᵃ (.660) | .00ᵃ (.752) | .00 (.673) | **.05 (.020)** |
| An | Seek to influence this person's behavior | .00ᵃ (.865) | .02ᵃ (.213) | .00 (.625) | .02ᵃ (.212) |
| **Dl** | **Seek to allow no more than a limited amount of interaction with this person** | **.03 (.048)** | **.03 (.047)** | **.05ᵃ (.013)** | .02 (.138) |
| Dl [*vs.* Ct] | Seek to get myself away from this person [vs. get this person away from me] | .00ᵃ (.490) | .00 (.809) | .00ᵃ (.683) | .04ᵃ (.053) |
| **Dl [*vs.* Ct]** | **Seek to move myself away from this person [vs. move this person away from me]** | .00ᵃ (.565) | .00ᵃ (.880) | .01 (.390) | **.05ᵃ (.029)** |
| Ct | Seek to get this person away from you | .02 (.104) | .03 (.070) | .02ᵃ (.184) | .02 (.103) |

*Note. N* = 107. Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. Values in the table are change in $R^2$ when variable is entered last in regression (*p* values in parentheses). Significant results in bold. "*Vs.*" and text in brackets indicates bipolar scale contrasting hypothesized emotions. ᵃPartial correlation indicates a negative relationship.

oneself away from someone, and limiting interactions with someone. Felt dislike added significant unique variance for one item that asked "seeking to allow no more than a limited amount of interaction with this person" ($\Delta R^2$ = .03, *p* = .048), as predicted.

However, this response also had unique variance explained by contempt ($\Delta R^2 = .03$, $p = .047$).

**Strategies of Hatred.** Of the four emotion strategy responses predicted to be explained by the emotion of hatred, three were most uniquely predicted by hatred. As shown in the table, felt hatred added significant unique variance for "seeking to get this person out of my life forever" ($\Delta R^2 = .12$, $p < .001$), "seeking to destroy this person mentally, socially, or physically" ($\Delta R^2 = .11$, $p < .001$), and "seeking to eliminate this person as a source of harm" ($\Delta R^2 = .05$, $p = .020$). Felt hatred did explain significant unique variance in "seeking to get this person out my life altogether" ($\Delta R^2 = .05$, $p = .017$), but this response was also predicted by contempt ($\Delta R^2 = .05$, $p = .013$).

Contrary to predictions, hatred also accounted for significant unique variance in the responses "seeking to take action against this person" ($\Delta R^2 = .05$, $p = .020$) and "seeking to move this person away from me" ($\Delta R^2 = .05$, $p = .029$), which were respectively hypothesized for anger and contempt. However, the above-mentioned .12 change in $R^2$ indicated that seeking to get a person out one's life forever was the strategy most characteristic of hatred.

**Significant Findings for Each Emotion.** Table 13 shows the unique variance attributable to each emotion, for each response that was significantly ($p < .05$) predicted by that emotion. The responses predicted to be explained by dislike are shown in blue font, contempt in brown font, anger in red font, and hatred in purple font. Black font indicates the partial correlation between the emotion predictor and response is not supported in the direction predicted for any emotion.

**Table 13**

*Responses Significantly Predicted by Unique Variance of Dislike, Contempt, Anger, and Hatred*

| Comp | Dislike | Contempt | Anger | Hatred |
|---|---|---|---|---|
| PHE | How to avoid see/hear (.13)<br>Low opinion (.05) | Incompetent (.17)<br>Beneath standards (.16)<br>Stupid (.11)<br>Unworthy (.07)<br>Inferior (.05)<br>How to avoid see/hear (.05)<br>InstrumentalXIntrinsic (.04)<br>Immoral[a] (.04)<br>Blameworthy (.04) | Boiling hot (.11)<br>Can be changed (.09)<br>Ready to explode (.05) | Justified in attacking (.15)<br>Evil (.14)<br>Revolted (.09)<br>Actions in future[a] (.08)<br>Cannot be changed (.07)<br>Boiling hot (.07)<br>Unworthy (.07)<br>Low opinion (.06)<br>Ready to explode (.06)<br>Immoral[a] (.06)<br>InstrumentalXIntrinsic(.05)<br>Deliberate harm (.04)<br>How to avoid see/hear(.04)<br>Intentional harm (.04) |
| EXP | Roll eyes (.05)<br>Less time looking at(.05) | Make fun of (.08)<br>Focus away from (.06)<br>Less time looking at(.05) | Not focus away from (.05) | Clench fists (.11)<br>Sneer (.10) |
| BHV | Neg. remark others (.16)<br>Avoid communcatg (.08)<br>Avoid interacting (.07)<br>Spend no more than a min amt of time wth(.07)<br>Keep distance from (.06) | Look down on (.07) | Yelling (.11) | Fantasize bad things (.19)<br>Encourage attacks (.17)<br>Cause pain (.15)<br>Attack verbal/phys. (.14)<br>Take action against (.13)<br>Hitting (.13)<br>Killing (.12)<br>Look for opportunity (.08)<br>Yelling (.05)<br>Look down on (.04) |
| EMV | Be away from (.12)<br>Exclude from group you belong to (.07)<br>Hurt[b] (.06)<br>Rejected (.06) | Out of your life (.06)<br>Keep fr contacting (.05)<br>Nothing to do with (.04)<br>Exclude from group you belong to (.04)<br>Exclude fr my grp (.04) | -- | Get back at (.18)<br>Hurt[a] (.12)<br>Get rid of (.11)<br>Suffer (.11)<br>Out of your life (.10)<br>Rejected (.10)<br>Nothing to do with (.07)<br>Keep fr contacting (.06)<br>Not restore relations (.04) |
| STR | Limit interaction (.03) | Remove altogether (.05)<br>Remove forever (.05)<br>Limit interaction (.03) | No limit interaction (.05) | Remove forever (.12)<br>Destroy (.11)<br>Eliminate (.05)<br>Remove altogether (.05)<br>Move against (.05)<br>Move other away (.05) |

*Note.* Comp=component. PHE=phenomenology. EXP=expressive. BHV=behavioral. EMV=emotivational goal. STR=strategy. Hypotheses for dislike shown in blue, contempt in brown, anger in red, and hate in purple. Values in parentheses = $\Delta R^2$ for that emotion when entered last in regression ($N = 107$). [a]Hypothesized for multiple emotions. [b]Non-linear terms in regression; linear partial correlation indicates negative relationship.

**Discussion**

The two main hypotheses that I tested were (H1) dislike is a discrete emotion, distinct from anger, contempt, and hatred; and (H2) hatred is a discrete emotion, distinct from anger, contempt, and dislike. Consistent with these hypotheses, it was predicted that there would be a greater number of distinct components supported by hypothesized responses for (a) dislike and (b) hatred, than there would be components that supported alternative conceptualizations of dislike and hatred (e.g., as emotion variants or mixtures of other emotions). In this section, I first discuss whether support was found for dislike as a discrete emotion, and then whether support was found for hatred.

**Is Dislike a Discrete Emotion?**

***Structure of Dislike***

As summarized in Table 13, the results of the hierarchical regressions show that felt dislike differentially predicted a pattern of thinking about how to avoid seeing or hearing someone, tendencies of avoiding communication and interaction with someone, spending no more than a minimum amount of time with someone and keeping one's distancing from someone, wanting to be away from someone, and seeking to allow no more than a limited amount of interaction with someone. Insofar as this pattern extended across the majority of emotional components (phenomenological, behavioral, emotivational goal, and strategy), there is evidence to support considering dislike a discrete emotion. These findings particularly establish a pattern across components for dislike being centered around distancing and relational avoidance.

Of the studied components, dislike was most clearly distinguished in behavioral responses. In total, 80% (or four out of five) of the hypothesized behavioral responses

were supported for dislike (see Tables 10 and 13). The posited responses most uniquely predicted by dislike were tendencies of avoiding both communicating and interacting with a person. In contrast, anger predicted tendencies of verbal aggression (i.e., yelling at someone), contempt predicted looking down on someone, and hatred most predicted fantasizing about bad things happening to another person. The findings reported here replicate prior research that has found dislike to involve avoidance (Hess, 1996; Roseman, 2002; Roseman et al., 2018; Whitehead, 2006), and other studies that have distinguished emotions in terms of their action profiles (e.g., Frijda et al., 1989; Roseman et al., 1994).

It is important to note that this study also found support for a goal that was characteristic of dislike, rather than anger, contempt, or hatred. Specifically, the results of the hierarchical regressions show that the goal "wanting to be away from this person" was most unique to dislike (see Tables 11 and 13). This finding has two main implications for conceptualizing dislike as a discrete emotion. First, goals are believed to guide some instrumental behavioral responses, and therefore account for situational variability in an emotion's action tendencies and readinesses (Roseman, 2011). For example, if dislike involves both vigilance (not measured in this study) and avoidance, then this might be thought of as suggesting that dislike is mixed with fear. However, both vigilance and avoidance can also be understood as means to getting away from someone. For instance, vigilance may be part of a person looking for someplace else to go (i.e., away from a disliked other). Thus, goals may play a central role in organizing coherent response profiles of particular discrete emotions. Second, some emotion theorists view goals as especially important when assessing the distinctiveness of emotions (e.g.,

because the same behavior can be done to accomplish different goals, and goals can differentiate emotions with similar behaviors). For example, Chung and Harris (2018) recently explained differences between the kinds of confrontation seen in anger vs. jealousy, based on their respective goals (e.g., confrontation in anger may be aimed at retaliating, whereas confrontation in jealousy may be aimed at protecting one's relationship).

**Overlap Between Dislike and Contempt.** It should be noted that this study also found some evidence in support of the alternative possibility that dislike is a variant of contempt. In particular, the hierarchical regression results for the expressive component show that spending less time looking at someone was as characteristic of contempt as it was of dislike (see Tables 9 and 13). Contempt also predicted the other expressive response that was tested for dislike (focusing one's attention away from someone), and dislike predicted one expressive response that was hypothesized for contempt (eye rolling).

Although overlap between emotional phenomena could suggest they are the same emotion (e.g., differing only in intensity), research carried out by other investigators has found emotions to be qualitatively distinct, even when they share certain features (see Smith, Kim, & Parrott, 1988, on jealousy and envy; Tangney, Miller, Flicker, & Barlow, 1996, on shame, guilt, and embarrassment). Indeed, Tangney and colleagues' (1996) study of shame, guilt, and embarrassment found some characteristics were common to all three emotions (e.g., each was typically felt as a public experience), but concluded that each emotion was distinct, based on observing differences in the majority of their emotional features.

Accordingly, overlap between emotions can be understood on a continuum. The more alike two states are (i.e., the more characteristics they share) across components, the more possible it is that they may be the same emotion. Inspection of Table 13 shows differentiation between dislike and contempt across the majority of emotional components and responses, including the aforementioned important goal component. In particular, dislike involves much more avoidance than contempt, which is inconsistent with dislike being a low intensity version of contempt. In contrast, contempt involves looking down on the other, which fits with the appraisals of incompetence, beneath standards, stupidity, and blameworthiness, which are absent in dislike. Thus, the overlap observed between dislike and contempt in this study is not necessarily inconsistent with the overall support found for the hypothesis that interpersonal dislike should be considered a discrete emotion centered around avoidance (rather than attack, rejection, or elimination).

**Is Hatred a Discrete Emotion?**

Although the results of the present study identified support for the majority of hypothesized responses of hatred (72% or 21 out of 29 hypotheses had the greatest unique variance attributed to hatred intensity ratings; see summarized findings in Table 13), hatred was also substantially mixed with anger and contempt, both in co-occurrence of rated emotion intensity and in specific responses predicted. In particular, after controlling for anger, contempt, and dislike, the results of the hierarchical regressions indicated that hatred predicted 17 responses that were hypothesized as distinctive of anger and contempt (as summarized in Table 13). Indeed, the lack of support found for anger predictions in the current study seems due to hatred, as a greater number of anger

hypotheses were predicted by the intensity of hatred than by the intensity of anger.

Moreover, all three of the hypothesized anger responses that were predicted by anger

were also predicted at least to some degree by hatred, and 10 responses were predicted by

both hatred and contempt. Taken together, these findings cast doubt on hatred being

separate from anger and contempt, which is inconsistent with hatred being a discrete

emotion. Thus, the results of this study did not find conclusive evidence to support the

hypothesis that hatred is a discrete emotion, distinct from anger, contempt, and dislike.

### *Is Hatred a Variant of Anger?*

One way to interpret the overall findings for hatred is by employing the concept

of an emotion *variant*. According to Roseman, Antoniou, and Jose (1996), an emotional

phenomenon with some unique aspects (e.g., distinct elicitors), but the same structure as

another discrete emotion (e.g., involving all of the characteristics of the discrete

emotion), can be thought of as an emotion variant.

Specifically, the results of the present study may provide evidence that hatred is a

variant of anger that is felt towards people who are seen as unchangeably malevolent, and

(perhaps for that reason) involves more extreme attacks. In emotion phenomenology, the

present study found that hatred and anger were contrasted in one item that measured the

perceived changeability of someone. That is, anger involved thinking that someone *could*

be changed, whereas hatred involved thinking that someone *could not* be changed. It was

also found that hatred accounted for significant variance in items that measured being the

recipient of intentional harm and thinking that someone is evil (see Tables 8 and 13).

These findings are consistent with Power and Dalgleish's (2008) conceptualization of

hatred as a variant of anger that is elicited when someone's bad actions are judged as a permanent aspect of their character.

Regarding the results of the behavioral component (see Tables 10 and 13), the hierarchical regressions show that hatred explained unique variance in hypothesized responses of fantasizing about bad things happening to someone and looking for an opportunity to take action against someone, and tendencies of encouraging others to attack someone, causing someone pain, hitting someone, and killing someone. Additionally, hatred predicted the anger tendencies for attacking a person verbally or physically, taking action against a person, and yelling at a person. Taken together, these findings fit a pattern of attacking that appears particularly severe.

In the present study, the goal most uniquely predicted by hatred was the hypothesized anger goal of getting back at someone (see Tables 11 and 13). It was also found that hatred accounted for unique variance in wanting to hurt someone and wanting someone to suffer. These findings seem to indicate that hatred involves a more punishing form of revenge.

It is possible that this intensification of attacking serves the function of preventing a person from causing further harm (see Aumer & Bahn, 2016, for hatred as a self-protective emotion; see Roseman, Steele, & Goodvin, 2019, for hatred functioning to incapacitate someone). If someone is seen as having maliciously caused harm and is perceived as unchanging, then it would seem plausible that they could cause harm again in the future. Accordingly, more than wanting to make someone feel reproached or hurt only slightly, it might be useful to have the goal of making a person feel pain or suffer. This could also involve removing someone from one's life forever, hurting someone

socially (e.g., rejecting someone from one's group), and even destroying a person, if necessary (Fischer et al., 2018).

**Is Hatred a Compound of Anger and Contempt?** As noted earlier in the discussion, the present research also found some evidence that hatred involved a few characteristics of contempt (see Table 13). If hatred involves both contempt and anger equally, one could alternatively argue that hatred is an emotion compound (e.g., Sternberg, 2005), rather than a discrete emotion or variant of anger. An emotion compound can be understood as a distinct emotional phenomenon resulting from a particular combination of two or more primary emotions (see Plutchik, 1984). As distinct from a *mixture* of emotions, an emotion compound would have certain unique aspects, instead of only the additive characteristics of the underlying discrete emotions (O'Rorke & Ortony, 1994).

Though the results of the current study did find evidence that some hypothesized contempt responses were predicted by hatred, contempt seems less closely related than anger is to hatred. In particular, the results of emotion phenomenology analyses show that hatred did not predict any of the contempt responses that measured other person inferiority (see Tables 8 and 13). That is, the intensity ratings of contempt uniquely accounted for variance in thinking that someone is incompetent, beneath one's standards, stupid, and inferior. Theorists have proposed these comparative responses are a central part of contempt (e.g., Bell, 2013, 2018), and previous research has established evidence that they are distinctive to contempt (e.g., inferiority being more associated with contempt than anger; Fischer & Roseman, 2007; incompetence being more associated with contempt than anger and disgust; Hutcherson & Gross, 2011). Thus, insofar as

hatred did not predict any of the responses that measured core features of contempt, the overall results suggest that hatred was primarily related to anger.

**Replication of Prior Findings on Dislike and Hatred**

A second purpose of this research was to test whether the responses of dislike and hatred identified in Roseman and colleagues' (2018) study replicated in the present research that used some new methods. Regarding the characteristics that I examined as part of testing if dislike and hatred should be considered discrete emotions (i.e., the response component variables, but not the appraisal antecedents), the present study replicated the majority of findings from Roseman et al. (2018).

The only characteristic that did not clearly replicate for dislike was perceiving someone as non-blameworthy. This was measured by two questions (Question 21 and Question 42), and both of these items were not predicted by dislike in the hierarchical regressions (see Tables 8 and 13), though contempt (in contrast to dislike) did account for significant variance in thinking that a person "deserves to be blamed" (Question 42). The expression of spending less time looking at someone (Question 61) had significant unique variance explained by dislike (see Tables 9 and 13). All three of the avoidance characteristics found for dislike in Roseman and colleagues' (2018) study (thinking about how to avoid seeing or hearing someone, feeling like avoiding interactions and keeping one's distance from someone) were most uniquely predicted by dislike in this research (see Tables 8, 10, and 13).

The only responses that did not replicate for hatred were the proposed narrowing of the eyes expression (see Tables 9 and 13), and three phenomenology items ([not] having good qualities, [not] being able to forgive someone, and thinking that someone is

harming you; see Tables 8 and 13). However, the other phenomenological responses were replicated (thinking you would be justified in attacking someone, thinking that someone is evil, thinking that someone cannot be changed, thinking that someone is immoral, and thinking that someone is causing intentional harm). Furthermore, each of the hypothesized behavioral responses (fantasizing about bad things happening to someone, encouraging attacks, and looking for an opportunity to take action against someone; see Tables 10 and 13) and goals (wanting to hurt someone, wanting someone to suffer, and wanting someone out of your life; see Tables 11 and 13) that were supported for hatred in Roseman and colleagues' (2018) study were also replicated in the present study.

**Limitations**

*Statistical Limitations*

One limitation of the results reported here was that the hierarchical regressions did not test if one emotion accounted for *significantly* more unique variance than other emotions. For example, in the present study, both hatred and contempt explained significant unique variance in the goal of getting someone out of one's life (hypothesized for hatred). Although hatred accounted for more unique variance (10%) than contempt (6%), the hierarchical regression analysis did not test if hatred predicted significantly more unique variance than contempt. As the items predicted by two (or more) emotions did not clearly establish which emotion was *most* uniquely associated with a response, one should be cautious in drawing conclusions about the distinctiveness of these responses.

Similarly, it is possible that some responses would have been more predicted by the *shared variance* among anger, contempt, dislike, and hatred than by the *unique*

*variance* of each emotion. If so, this might help to explain the limited support observed for anger in the current study. For example, unsupported responses for anger may have had the greatest variance explained by the shared variance between anger and hatred. Shared variance (i.e., overlap) among these negative interpersonal emotions could be explored (and compared to the unique contribution of each emotion) through commonality analysis (see Nathans, Oswald, & Nimon, 2012).

Finally, as multiple responses were tested for given components, it is possible that some hypotheses may have been supported by chance.

### *Methodological Limitations*

This study used a new self-report measure that should also be replicated to have increased confidence in these findings. For example, if the behavioral responses identified for dislike and hatred in the present research were replicated using other methods (e.g., observing interactions with disliked and hated others), it would further validate these findings.

Second, all participants were provided with a definition of contempt at the start of the survey, which could have led them to answer questions based on this definition. For example, it is possible that participants in the contempt condition based their ratings on whether an item fit with the provided definition of contempt, more than whether an item was part of their experience of contempt. However, any effects of this appear to be minimal, as the contempt condition score for the one item that asked about low opinion (thinking that people in your group have a low opinion of this person), which was central to the definition of contempt, was below the scale mid-point (see Table 7).

Finally, although this study used a self-report measure that was anonymous, it appears that some responses may still have been biased by social desirability. In particular, some respondents may have been reluctant to acknowledge hypothesized hatred responses. For example, Table 5 shows that across emotion conditions, participants rated nearly all of the hatred behavioral responses (e.g., feeling like killing this person) below the scale mid-point.

**Future Directions**

The results of the present study suggest several avenues of further research on dislike and hatred. First, this study provided insight into many aspects of dislike and hatred as emotions, but some questions remain about the distinctiveness of dislike and especially of hatred. For instance, in view of the interpersonal nature of these phenomena, future research should test if dislike and hatred have specific (a) effects on others, (b) relational consequences, and (c) overall social functions. There has been some prior research that found dissimilar social functions of anger vs. feeling hurt (Lemay et al., 2012), and anger vs. contempt (Fischer & Roseman, 2007). The results of the present study suggest testing whether dislike and hatred are additionally distinct in these social aspects. For example, if emotions indeed communicate certain evaluations (Parkinson, 1996), then does expressing hatred communicate to someone that they have acted maliciously and are evil? If so, it seems probable that this would have a more consequential effect on relationships than other negative emotions such as anger, contempt, and dislike. Such research could expand our understanding of not only negative interpersonal emotions, but also relational outcomes of great importance (e.g., predicting divorce). In pursuing research on these questions, one study that investigators

might conduct could have participants fill out self-reports that ask about experiences of being disliked, hated, or treated with contempt, or times when people were angry at them (see Lemay et al., 2012).

Second, this research did not identify support for the hypothesized expressive characteristic of hatred, and only one expressive response (spending less time looking at someone) received partial support for dislike. Of course there may still be non-verbal displays not examined here that would distinguish dislike and hatred. Only three expressive items were tested for dislike and hatred, and participants may have been unable to report this information (e.g., if they were unconsciously making a facial expression). Future research can test expressions for dislike and hatred by bringing participants into a lab setting and recording them while they recount an experience of one or the other assigned emotion (Malatesta & Izard, 1984). Investigators could then code recordings (e.g., for certain facial muscle movements and postural displays) and test if particular expressions are differentially characteristic of dislike and hatred. Bonanno and Keltner (2004) used comparable methods and found proposed facial expressions were correlated with experiences of sadness, anger, and joy.

A third avenue for future research is testing whether there are other factors (e.g., relational and temporal) that moderate responses of dislike and hatred. In a recent study of love and hate, Aumer, Bahn, and Harris (2015) found that relationship type moderated perceptions of emotional stability for hated family members vs. friends. Specifically, hated family members were perceived as less emotionally stable than hated friends (Aumer et al., 2015). Ben-Ze'ev (2018) also posits that perceptions of hated persons' morality worsen as time progresses. Future research can explore temporal and relational

factors in connection with these emotions by including measures for these variables and then testing for interaction effects.

**Summary and Implications**

The present research tested whether interpersonal dislike and hatred should be considered discrete emotions, distinct from anger, contempt, and each other. Overall, the results of this study found some evidence to support the hypothesis that dislike is a discrete emotion, distinct from anger, contempt, and hatred. As noted earlier, the hierarchical regressions showed that dislike fit a unique pattern across four components (phenomenological, behavioral, emotivational goal, and strategy) that was centered around avoidance and distancing from someone. In contrast, this study did not find conclusive evidence to support the hypothesis that hatred is a discrete emotion. Instead, the majority of evidence points to conceptualizing hatred as a variant of anger.

The results of this study have several implications for research and theory. For one, by identifying a response profile distinctive to dislike, the results of this study contribute evidence to support discrete emotion theories (e.g., Frijda, 1986; Roseman, 2011). In view of this, theorists and researchers are encouraged to consider dislike as a specific emotion centered around avoidance (e.g., rather than attacking or rejecting).

The importance of conceptualizing dislike as a separate emotion can be illustrated by an example from social psychological research on dislike. In most studies of social behavior, dislike has been operationalized as general negative affect. That is, dislike has seldom been studied apart from other negative emotions (e.g., anger). For example, Whitehead (2006) examined behaviors reported by individuals in non-voluntary relations with disliked others, but did not also include measures of other negative emotions. That

study found disliking someone was associated with avoidance, and to a lesser extent (though still significant), hostility (Whitehead, 2006). The findings from this study suggest that the support found for hostility behaviors could reflect unmeasured co-occurrence of anger with dislike.

Regarding hatred, the results of this study may help reconcile the various conceptualizations of hatred that have been proposed in the emotion literature. For instance, theorists have claimed that hatred is a discrete emotion (e.g., Fischer et al., 2018), an emotion variant (e.g., of anger; Power & Dalgleish, 2008), or a combination of other emotions (e.g., Sternberg, 2005). According to Royzman, McCauley, and Rozin (2005), a consensus has yet to be reached in definitions of hatred. Though the results of the present research do not entirely resolve these disparities in conceptualizations, they do provide insight into how hatred might be understood. This study compared hatred to three other negative interpersonal emotions across five emotional components (phenomenological, expressive, behavioral, emotivational goal, and strategy) and found consistent evidence that suggests hatred is most likely a variant of anger, rather than a discrete emotion, mixture of other emotions, or a distinct compound. Hatred may especially manifest as a more intense form of anger that through doing *whatever it takes* (including killing a person or getting them out of one's life in another way), aims to stop an unchanging and malicious other from causing any further harm. This finding underscores the importance of taking anger into account when theorizing about hatred, and encourages researchers to include measures of anger when studying hatred (e.g., rather than simply assume that hatred is a separate emotion).

Additionally, the findings for hatred have important applications to everyday life (e.g., personal health). For instance, Finucane, Dima, Ferreira, and Halvorsen (2012) found five discrete emotions (happiness, sadness, fear, anger, and disgust) significantly distinguished among participants who were healthy, suffered from chronic pain, depressed, or had post-traumatic stress disorder. Finucane and colleagues (2012) also found a trend for anger to predict depression. If hatred is an intense variant of anger that involves extreme attacks (e.g., including seeking to eliminate or destroy someone), one may wonder how (and whether) self-directed hatred uniquely relates to depression, suicide attempts, and a number of other health outcomes of importance.

Finally, while the results of this research did not find definitive evidence to support hatred as a discrete emotion, they did distinguish hatred and dislike. As Table 13 indicates, the hierarchical regression analyses established only one characteristic (thinking about how to avoid seeing or hearing someone) was common to both dislike and hatred. This is in contrast to other research that has found hatred and dislike to be more closely related (e.g., Merrick, 2019), and theories that view hatred as involving dislike (e.g., Ben-Ze'ev, 2000).

Overall, the findings from this study encourage theorists and researchers to consider the appraisal and response profiles of specific emotions, including their distinctive behaviors, emotivational goals, and coping strategies. In doing so, one might better understand social interactions, personal health, and other phenomena of importance. Further research on dislike and hatred, and related emotional phenomena, may therefore prove quite fruitful.

**Appendices**

**Appendix A: Dislike Experience Questionnaire**

The dislike current experience questionnaire beings on page 64 (the next page).

Formatting notes:

1. Survey has been modified to fit required margins and formatting (e.g., line spacing for some items may not be exact).

2. "**o**" indicates a radio button.

3. Participants were redirected to the prior (and fallback) condition if the box for "*If there is no one who…" was not empty.

4. "[page break]" indicates a page break.

5. A timing question (that was not displayed to participants) was included on each page of the survey.

6. Starting with Question 4, and then for all questions in the emotion experience questionnaires (besides Question 58): if a participant did not answer all of the questions on a page, a message was displayed indicating this. If a participant did not then answer the question(s) after receiving this message, they advanced to the next page of the survey.

**Please note**: When it occurs in this survey, **the word "CONTEMPT" refers to feelings of scorn that people may have toward someone when they have a very low opinion of that person.**

_____

**Section A:**

Selecting a current experience of
**<u>dislike</u> RATHER THAN any other emotion (such as contempt, hatred, or anger) toward another person**

*Q1 of 181.* Think of someone who is causing you to feel **<u>dislike</u> toward him or her RATHER THAN any other emotion** (such as contempt, hatred, or anger toward this person). For example, the person might be a family member, romantic partner, friend, acquaintance, or co-worker.

Who is this person? (you can write the person's initials, or anything else that reminds you who this person is)

|  |
|--|

*Q2 of 181.* When you have thought of someone who is causing you to feel <u>dislike</u> RATHER THAN any other emotion, please select your answer to the following question for each emotion in the list below: *Are you feeling this emotion less than dislike, as much as dislike, or more than dislike?*

| | Less than dislike | As much as dislike | More than dislike |
|---|---|---|---|
| Contempt toward this person? | o | o | o |
| Hatred toward this person? | o | o | o |
| Anger toward this person? | o | o | o |

**IMPORTANT:** If you answered **"As much as dislike" or "More than dislike" to any of these questions**, don't change your answers--instead **choose someone else** (someone who is currently causing you to feel <u>dislike</u> RATHER THAN any other emotion). Then fill out the rest of the questionnaire, starting with the question below.

*Q3 of 181.* In the space below, write a brief title to remind yourself of what is causing you to feel <u>dislike</u> RATHER THAN contempt, hatred, or anger toward this person.

Title (cause of dislike):*

*If there is no one who is currently causing you to feel dislike RATHER THAN any other emotion, write "There is no one" in the box below; otherwise leave that box blank.

|  |
|--|

[page break]

**Section B:** DESCRIBING WHAT IS LEADING TO YOUR DISLIKE

*Q4 of 181.* In the space below, please briefly describe **what is happening that is leading you to feel dislike** (rather than any other emotion) toward this person.



[page break]

**Section C:** SPECIFYING THE *DIRECT CAUSE* OF YOUR DISLIKE

*Q5 of 181.* What is it, in this experience, that is **directly causing you to feel dislike** RATHER THAN any other emotion (such as contempt, hatred, or anger toward this person)?

```

```

**AFTER RE-READING YOUR ANSWER TO THE ABOVE QUESTION, ANSWER EACH OF THE FOLLOWING QUESTIONS BY SELECTING ONE ANSWER ON THE SCALE PROVIDED FOR THE QUESTION**

Throughout the survey, the phrase **"this person"** refers to the person toward whom you said you are feeling dislike RATHER THAN contempt, hatred, or anger.

**PLEASE NOTE:**

- Answer the questions in this part of the survey based only on what is causing you to feel dislike RATHER THAN contempt, hatred, or anger toward this person.

[page break]

*Q6 of 181.*

| My dislike is not at all caused by perceiving that this person is treating me or people who I care about unjustly | o o o o o o o o o | My dislike is very much caused by perceiving that this person is treating me or people who I care about unjustly |

[page break]

*Q7 of 181.*

| My dislike is not at all caused by perceiving this person as having little value to society | o o o o o o o o o | My dislike is very much caused by perceiving this person as having little value to society |

[page break]

*Q8 of 181.*

| My dislike is not at all caused by feeling humiliated by this person | o o o o o o o o o | My dislike is very much caused by feeling humiliated by this person |

[page break]

*Q9 of 181.*

My <u>dislike</u>                                                      My <u>dislike</u>

```
My dislike                                    My dislike
is not at all                                 is very much
caused by                                     caused by
thinking that                                 thinking that
an event                                      an event
or situation                                  or situation
was caused by                                 was caused by
someone                                       someone
other than myself   o o o o o o o o o         other than myself
                        [page break]
```

*Q10 of 181.*

```
My dislike                                    My dislike
is caused by                                  is caused by
perceiving                                    perceiving
this person as                                this person as
at fault                                      different
for something       o o o o o o o o o         from me
                        [page break]
```

*Q11 of 181.*

```
My dislike                                    My dislike
is caused by                                  is caused by
thinking that                                 thinking that
something would                               something would
cause                                         cause
harm for                                      lasting
a limited time      o o o o o o o o o         harm
                        [page break]
```

*Q12 of 181.*

```
My dislike                                    My dislike
is caused by                                  is caused by
perceiving                                    perceiving
this person as                                this person as
deserving blame     o o o o o o o o o         bothersome
                        [page break]
```

*Q13 of 181.*

```
My dislike                                    My dislike
is caused by                                  is caused by
perceiving that                               perceiving that
this person                                   this person
was beneath                                   was obstructing
my standards        o o o o o o o o o         my goals
                        [page break]
```

*Q14 of 181.*

```
My dislike                                    My dislike
is caused by                                  is caused by
thinking that                                 thinking that
something was                                 something was
not good,                                     not good,
and there will                                and there will
eventually                                    never
be something                                  be anything
that can be done                              that can be done
about it            o o o o o o o o o         about it
                        [page break]
```

*Q15 of 181.*

<table>
<tr><td>My <u>dislike</u><br>is caused by<br>thinking that<br>I<br>have to<br>accept<br>something</td><td>o o o o o o o o o</td><td>My <u>dislike</u><br>is caused by<br>thinking that<br>I do not<br>or should not<br>have to<br>accept something</td></tr>
</table>

[page break]

*Q16 of 181.*

<table>
<tr><td>My <u>dislike</u><br>is caused by<br>thinking that<br>this person<br>is beneath<br>my<br>standards</td><td>o o o o o o o o o</td><td>My <u>dislike</u><br>is caused by<br>thinking that<br>this person<br>is producing<br>some effects<br>that I don't want</td></tr>
</table>

[page break]

*Q17 of 181.*

<table>
<tr><td>My <u>dislike</u><br>is caused by<br>thinking that<br>this person<br>is causing<br>a bad<br>outcome</td><td>o o o o o o o o o</td><td>My <u>dislike</u><br>is caused by<br>thinking that<br>this person<br>has<br>an unappealing<br>trait</td></tr>
</table>

[page break]

*Q18 of 181.*

<table>
<tr><td>My <u>dislike</u><br>is caused by<br>thinking<br>that<br>there<br>is<br>something<br>I<br>don't<br>want</td><td>o o o o o o o o o</td><td>My <u>dislike</u><br>is caused by<br>thinking that<br>there is<br>something I<br>don't want,<br>and I think<br>I should be able<br>to do something<br>about it</td></tr>
</table>

[page break]

*Q19 of 181.*

<table>
<tr><td>My <u>dislike</u><br>is caused by<br>thinking that<br>something was<br>not good, and<br>nothing<br>could be<br>done about it</td><td>o o o o o o o o o</td><td>My <u>dislike</u><br>is caused by<br>thinking that<br>something was<br>not good, but<br>something<br>could be<br>done about it</td></tr>
</table>

[page break]

*Q20 of 181.*

<table>
<tr><td>My <u>dislike</u><br>is caused by<br>believing that<br>something has<br>improved things</td><td>o o o o o o o o o</td><td>My <u>dislike</u><br>is caused by<br>believing that<br>something has<br>made things worse</td></tr>
</table>

[page break]

*Q21 of 181.*

| My <u>dislike</u> | | My <u>dislike</u> |
|---|---|---|
| is caused by | | is caused by |
| thinking that | | thinking that |
| what I am | | what |
| dealing with | | I am |
| is undesirable | | dealing with |
| and should not | | is |
| be this way | ○ ○ ○ ○ ○ ○ ○ ○ ○ | undesirable |

[page break]

*Q22 of 181.*

| My <u>dislike</u> | | My <u>dislike</u> |
|---|---|---|
| is caused by | | is caused by |
| thinking that | | thinking that |
| what I am | | what I am |
| dealing with | | dealing with |
| is | | is undesirable |
| undesirable | ○ ○ ○ ○ ○ ○ ○ ○ ○ | and unfair |

[page break]

*Q23 of 181.*

| My <u>dislike</u> | | My <u>dislike</u> |
|---|---|---|
| is caused by | | is caused by |
| thinking that | | thinking that |
| this person | | this person |
| was accidentally | | was intentionally |
| harming me | | harming me |
| or a person | | or a person |
| I care about | ○ ○ ○ ○ ○ ○ ○ ○ ○ | I care about |

[page break]

**Section D:** DESCRIBING HOW YOU ARE EXPERIENCING <u>DISLIKE</u>

The purpose of the following questions is to learn about your experience of dislike, rather than other reactions you might also be having. When answering the questions, please answer based only on the <u>dislike</u> you feel.

So stop and take a minute to focus on the feelings, thoughts, and physical sensations of your dislike toward this person, and how dislike is making you feel like reacting. In order to experience your dislike as intensely as you can, please **concentrate on the <u>dislike</u> you feel, and live it as vividly and deeply as possible**.

As soon as you feel that you are experiencing your dislike as vividly and deeply as you can, please answer the questions from here to the end of the survey.

[page break]

*Q24 of 181.* In your own words, describe the feeling of <u>dislike</u> as you are experiencing it.

```
┌─────────────────────────────────────────────────────┐
│                                                     │
│                                                     │
│                                                     │
│                                                     │
│                                                     │
└─────────────────────────────────────────────────────┘
```

[page break]

*Q25 of 181.* What is <u>dislike</u> making you picture in your mind?

```
┌─────────────────────────────────────────────────────┐
│                                                     │
│                                                     │
│                                                     │
│                                                     │
│                                                     │
└─────────────────────────────────────────────────────┘
```

[page break]

*Q26 of 181.* What thoughts is <u>dislike</u> making you think?

```
┌─────────────────────────────────────────────────────┐
│                                                     │
│                                                     │
│                                                     │
│                                                     │
└─────────────────────────────────────────────────────┘
```

[page break]

*Q27 of 181.*

**In this experience, how much does your <u>dislike</u> involve** thinking that this person lacks good qualities?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q28 of 181.*

**In this experience, how much does your <u>dislike</u> involve** thinking that this person has some good qualities?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q29 of 181.*

**In this experience, how much does your <u>dislike</u> involve** thinking that this person is beneath your standards?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q30 of 181.*

**In this experience, how much does your <u>dislike</u> involve** thinking that this person is stupid?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q31 of 181.*

**In this experience, how much does your <u>dislike</u> involve** thinking that this person is interfering with your goals?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q32 of 181.*

**In this experience, how much does your <u>dislike</u> involve** thinking that this person is immoral?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q33 of 181.*
**In this experience, how much does your <u>dislike</u> involve** thinking that this person is incompetent?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q34 of 181.*
**In this experience, how much does your <u>dislike</u> involve** thinking about actions you could take against this person in the future?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q35 of 181.*
**In this experience, how much does your <u>dislike</u> involve** thinking that this person cannot be changed?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q36 of 181.*
**In this experience, how much does your <u>dislike</u> involve** thinking that this person is unworthy?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q37 of 181.*
**In this experience, how much does your <u>dislike</u> involve** thinking about how to avoid seeing or hearing this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q38 of 181.*
**In this experience, how much does your <u>dislike</u> involve** thinking that you could forgive this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q39 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| thinking that | ○ | ○ | ○ | ○ | ○ |
| this person | | | | | |
| is evil? | | | | | |

[page break]

*Q40 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| thinking that | ○ | ○ | ○ | ○ | ○ |
| this person is | | | | | |
| unfairly treating | | | | | |
| you or a person | | | | | |
| you care about? | | | | | |

[page break]

*Q41 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| thinking that | ○ | ○ | ○ | ○ | ○ |
| something about | | | | | |
| this person | | | | | |
| is inferior? | | | | | |

[page break]

*Q42 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| thinking that | ○ | ○ | ○ | ○ | ○ |
| this person | | | | | |
| deserves to be blamed | | | | | |
| for something? | | | | | |

[page break]

*Q43 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| thinking that | ○ | ○ | ○ | ○ | ○ |
| this person is | | | | | |
| harming you | | | | | |
| or harming a person | | | | | |
| you care about? | | | | | |

[page break]

*Q44 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| thinking that | ○ | ○ | ○ | ○ | ○ |
| this person | | | | | |
| is unappealing | | | | | |
| rather than inferior? | | | | | |

[page break]

*Q45 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** thinking that people in your group have a low opinion of this person? | 1<br>not<br>at all<br>⭘ | 2<br>a<br>little<br>⭘ | 3<br>some-<br>what<br>⭘ | 4<br>pretty<br>much<br>⭘ | 5<br>very<br>much<br>⭘ |
|---|---|---|---|---|---|

[page break]

*Q46 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** thinking you would be justified in physically attacking this person? | 1<br>not<br>at all<br>⭘ | 2<br>a<br>little<br>⭘ | 3<br>some-<br>what<br>⭘ | 4<br>pretty<br>much<br>⭘ | 5<br>very<br>much<br>⭘ |
|---|---|---|---|---|---|

[page break]

*Q47 of 181.*

My <u>dislike</u> involves thinking that this person is treating me or someone that I care about unfairly   ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘  My <u>dislike</u> involves thinking that this person is deliberately harming me or someone that I care about

[page break]

*Q48 of 181.*

My <u>dislike</u> involves thinking that this person is inferior in some way   ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘  My <u>dislike</u> involves thinking there is something about this person that I don't want to be around

[page break]

*Q49 of 181.*

My <u>dislike</u> involves thinking that this person is deliberately harming me or someone that I care about   ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘ ⭘  My <u>dislike</u> involves thinking that this person is making me or someone that I care about feel bad

[page break]

*Q50 of 181.* What physical sensations is <u>dislike</u> making you feel?

```
┌─────────────────────────────────────────────────────────────────────┐
│                                                                       │
│                                                                       │
│                                                                       │
│                                                                       │
│                                                                       │
│                                                                       │
│                                                                       │
└─────────────────────────────────────────────────────────────────────┘
```

[page break]

*Q51 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| <u>**dislike**</u> **involve** | at all | little | what | much | much |
| feeling ready to | o | o | o | o | o |
| explode? | | | | | |

[page break]

*Q52 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| <u>**dislike**</u> **involve** | at all | little | what | much | much |
| feeling boiling hot? | o | o | o | o | o |

[page break]

*Q53 of 181.*

| My <u>dislike</u> involves feeling turned off by this person | o o o o o o o o o | My <u>dislike</u> involves feeling revolted by this person |
|---|---|---|

[page break]

*Q54 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| <u>**dislike**</u> **involve** | at all | little | what | much | much |
| feeling your | o | o | o | o | o |
| eyes narrowing | | | | | |
| when looking at | | | | | |
| this person? | | | | | |

[page break]

*Q55 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| <u>**dislike**</u> **involve** | at all | little | what | much | much |
| feeling your | o | o | o | o | o |
| fists clenched? | | | | | |

[page break]

*Q56 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| <u>**dislike**</u> **involve** | at all | little | what | much | much |
| feeling your lips | o | o | o | o | o |
| pressed together? | | | | | |

[page break]

*Q57 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
| **how much does your** | not | a | some- | pretty | very |
| **dislike involve** | at all | little | what | much | much |
| feeling yourself | ○ | ○ | ○ | ○ | ○ |
| gritting your teeth? | | | | | |

[page break]

*Q58 of 181.* What has <u>dislike</u> made you feel like doing?  (LIST AS MANY
DIFFERENT THINGS AS <u>DISLIKE</u> HAS MADE YOU FEEL LIKE DOING)

a. [_____]

b. [_____]

c. [_____]

d. [_____]

e. [_____]

f. [_____]

g. [_____]

[page break]

*Q59 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** feeling like making fun of this person? | 1 not at all ○ | 2 a little ○ | 3 some- what ○ | 4 pretty much ○ | 5 very much ○ |
|---|---|---|---|---|---|

[page break]

*Q60 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** feeling like focusing your attention away from this person? | 1 not at all ○ | 2 a little ○ | 3 some- what ○ | 4 pretty much ○ | 5 very much ○ |
|---|---|---|---|---|---|

[page break]

*Q61 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** feeling like spending less time looking at this person? | 1 not at all ○ | 2 a little ○ | 3 some- what ○ | 4 pretty much ○ | 5 very much ○ |
|---|---|---|---|---|---|

[page break]

*Q62 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** feeling like sneering at this person? | 1 not at all ○ | 2 a little ○ | 3 some- what ○ | 4 pretty much ○ | 5 very much ○ |
|---|---|---|---|---|---|

[page break]

*Q63 of 181.*

| **In this experience, how much does your dislike involve** feeling like rolling your eyes at this person? | 1<br>not<br>at all<br>O | 2<br>a<br>little<br>O | 3<br>some-<br>what<br>O | 4<br>pretty<br>much<br>O | 5<br>very<br>much<br>O |
|---|---|---|---|---|---|

[page break]

*Q64 of 181.*

| **In this experience, how much does your dislike involve** feeling like hitting this person? | 1<br>not<br>at all<br>O | 2<br>a<br>little<br>O | 3<br>some-<br>what<br>O | 4<br>pretty<br>much<br>O | 5<br>very<br>much<br>O |
|---|---|---|---|---|---|

[page break]

*Q65 of 181.*

| **In this experience, how much does your dislike involve** feeling like encouraging other people to attack this person? | 1<br>not<br>at all<br>O | 2<br>a<br>little<br>O | 3<br>some-<br>what<br>O | 4<br>pretty<br>much<br>O | 5<br>very<br>much<br>O |
|---|---|---|---|---|---|

[page break]

*Q66 of 181.*

| **In this experience, how much does your dislike involve** feeling like spending no more than a minimum amount of time with this person? | 1<br>not<br>at all<br>O | 2<br>a<br>little<br>O | 3<br>some-<br>what<br>O | 4<br>pretty<br>much<br>O | 5<br>very<br>much<br>O |
|---|---|---|---|---|---|

[page break]

*Q67 of 181.*

| **In this experience, how much does your dislike involve** feeling like making a negative remark to this person about their behavior? | 1<br>not<br>at all<br>O | 2<br>a<br>little<br>O | 3<br>some-<br>what<br>O | 4<br>pretty<br>much<br>O | 5<br>very<br>much<br>O |
|---|---|---|---|---|---|

[page break]

*Q68 of 181.*

| **In this experience, how much does your dislike involve** feeling like telling a third party about this person's shortcomings? | 1<br>not<br>at all<br>O | 2<br>a<br>little<br>O | 3<br>some-<br>what<br>O | 4<br>pretty<br>much<br>O | 5<br>very<br>much<br>O |
|---|---|---|---|---|---|

[page break]

*Q69 of 181.*

**In this experience,**    1    2    3    4    5
**how much does your**   not   a   some-   pretty   very
<u>**dislike**</u> **involve**   at all   little   what   much   much
feeling like    o    o    o    o    o
yelling at
this person?

[page break]

*Q70 of 181.*

**In this experience,**    1    2    3    4    5
**how much does your**   not   a   some-   pretty   very
<u>**dislike**</u> **involve**   at all   little   what   much   much
feeling like    o    o    o    o    o
making
a negative remark
about this person
to a third party?

[page break]

*Q71 of 181.*

**In this experience,**    1    2    3    4    5
**how much does your**   not   a   some-   pretty   very
<u>**dislike**</u> **involve**   at all   little   what   much   much
feeling like    o    o    o    o    o
killing
this person?

[page break]

*Q72 of 181.*

**In this experience,**    1    2    3    4    5
**how much does your**   not   a   some-   pretty   very
<u>**dislike**</u> **involve**   at all   little   what   much   much
feeling like    o    o    o    o    o
confronting
this person?

[page break]

*Q73 of 181.*

**In this experience,**    1    2    3    4    5
**how much does your**   not   a   some-   pretty   very
<u>**dislike**</u> **involve**   at all   little   what   much   much
feeling like    o    o    o    o    o
attacking this person
either verbally
or physically?

[page break]

*Q74 of 181.*

**In this experience,**    1    2    3    4    5
**how much does your**   not   a   some-   pretty   very
<u>**dislike**</u> **involve**   at all   little   what   much   much
feeling like    o    o    o    o    o
keeping your distance
from this person?

[page break]

*Q75 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| feeling like | ○ | ○ | ○ | ○ | ○ |
| avoiding interacting | | | | | |
| with this person? | | | | | |

<div align="center">[page break]</div>

*Q76 of 181.*

| My <u>dislike</u> | | My <u>dislike</u> |
|---|---|---|
| involves | | involves |
| feeling like | | feeling like |
| communicating | | taking some |
| less | | action against |
| with this person | ○ ○ ○ ○ ○ ○ ○ ○ ○ | this person |

<div align="center">[page break]</div>

*Q77 of 181.*

| My <u>dislike</u> | | My <u>dislike</u> |
|---|---|---|
| involves | | involves |
| feeling like | | feeling like |
| treating | | causing |
| this person as | | this |
| less capable | | person |
| than other people | ○ ○ ○ ○ ○ ○ ○ ○ ○ | pain |

<div align="center">[page break]</div>

*Q78 of 181.*

| My <u>dislike</u> | | My <u>dislike</u> |
|---|---|---|
| involves | | involves |
| feeling like | | feeling like |
| avoiding | | treating |
| communicating | | this person as |
| with | | less capable |
| this person | ○ ○ ○ ○ ○ ○ ○ ○ ○ | than other people |

<div align="center">[page break]</div>

*Q79 of 181.* What have you actually been doing, as part of this experience of <u>dislike</u>?

```
┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

*Q80 of 181.* When experiencing an emotion, people may do something
- as part of the emotion they are feeling;
- as a way of trying to control their emotional response;
- as both of these;
- as neither of these.

   a. To what extent is what you have actually been doing (as stated in your answer to question 79) **part of** the <u>dislike</u> you are feeling?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

   b. To what extent is what you have actually been doing (as stated in your answer to question 79) **a way of trying to control** your emotional response?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q81 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** looking down on this person? | 1 not at all ○ | 2 a little ○ | 3 some- what ○ | 4 pretty much ○ | 5 very much ○ |
|---|---|---|---|---|---|

[page break]

*Q82 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** fantasizing about bad things happening to this person? | 1 not at all ○ | 2 a little ○ | 3 some- what ○ | 4 pretty much ○ | 5 very much ○ |
|---|---|---|---|---|---|

[page break]

*Q83 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** looking for an opportunity to take action against this person? | 1 not at all ○ | 2 a little ○ | 3 some- what ○ | 4 pretty much ○ | 5 very much ○ |
|---|---|---|---|---|---|

[page break]

*Q84 of 181.* What is <u>dislike</u> making you want?

```
┌─────────────────────────────────────────────────────────────────────────┐
│                                                                           │
│                                                                           │
│                                                                           │
│                                                                           │
│                                                                           │
└─────────────────────────────────────────────────────────────────────────┘
```

[page break]

*Q85 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| seeking to influence | ○ | ○ | ○ | ○ | ○ |

this person's
behavior?

[page break]

*Q86 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| seeking to | ○ | ○ | ○ | ○ | ○ |

allow
no more than
a limited amount
of interaction
with this person?

[page break]

*Q87 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| seeking to | ○ | ○ | ○ | ○ | ○ |

eliminate this person
as a source of harm?

[page break]

*Q88 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| seeking to | ○ | ○ | ○ | ○ | ○ |

destroy this person
mentally, socially,
or physically?

[page break]

*Q89 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| seeking to | ○ | ○ | ○ | ○ | ○ |

take action against
this person?

[page break]

*Q90 of 181.*

**In this experience,**     1     2     3     4     5
**how much does your**    not     a    some-   pretty   very
<u>**dislike**</u> **involve**    at all   little   what   much   much
seeking to             o      o      o      o      o
get this person
away from you?

[page break]


*Q91 of 181.*

My <u>dislike</u>                           My <u>dislike</u>
involves                            involves
seeking to                       seeking to
get this person                  limit
out of my life                   my interaction
altogether    o o o o o o o o o    with this person

[page break]

*Q92 of 181.*

My <u>dislike</u>                           My <u>dislike</u>
involves                            involves
seeking to                       seeking to
make this person               get this person
change                             out of my life
their behavior   o o o o o o o o o    forever

[page break]

*Q93 of 181.*

My <u>dislike</u>                           My <u>dislike</u>
involves                            involves
seeking to                       seeking to
get                                  get
myself away                     this person
from this person   o o o o o o o o o   away from me

[page break]

*Q94 of 181.*

My <u>dislike</u>                           My <u>dislike</u>
involves                            involves
seeking to                       seeking to
move myself                    move this
away from                       person
this person    o o o o o o o o o   away from me

[page break]


*Q95 of 181.*

**In this experience,**     1     2     3     4     5
**how much does your**    not     a    some-   pretty   very
<u>**dislike**</u> **involve**    at all   little   what   much   much
wanting to             o      o      o      o      o
exclude this person
from a group
that you belong to?

[page break]

*Q96 of 181.*

**In this experience, how much does your <u>dislike</u> involve** wanting to get back at this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q97 of 181.*

**In this experience, how much does your <u>dislike</u> involve** wanting to restore good relations with this person eventually?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q98 of 181.*

**In this experience, how much does your <u>dislike</u> involve** wanting this person out of your life?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q99 of 181.*

**In this experience, how much does your <u>dislike</u> involve** wanting to have nothing to do with this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q100 of 181.*

**In this experience, how much does your <u>dislike</u> involve** wanting to keep this person from coming into contact with you?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q101 of 181.*

**In this experience, how much does your <u>dislike</u> involve** wanting to hurt this person in some way?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q102 of 181.*

**In this experience, how much does your <u>dislike</u> involve** wanting to get rid of this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q103 of 181.*

**In this experience,**      1      2      3      4      5
**how much does your**   not    a    some-   pretty   very
<u>**dislike**</u> **involve**   at all   little   what   much   much
wanting to          O      O      O      O      O
minimize
your contact
with this person?

[page break]

*Q104 of 181.*

**In this experience,**      1      2      3      4      5
**how much does your**   not    a    some-   pretty   very
<u>**dislike**</u> **involve**   at all   little   what   much   much
wanting this person   O      O      O      O      O
to be rejected by
people?

[page break]

*Q105 of 181.*

My <u>dislike</u>                                My <u>dislike</u>
involves                                  involves
wanting to                             wanting to
make                                   harm
this person                            this
feel bad     O O O O O O O O O   person

[page break]

*Q106 of 181.*

My <u>dislike</u>                                My <u>dislike</u>
involves                                  involves
wanting to                             wanting
avoid                                  this person
close contact                        to be rejected
with this person   O O O O O O O O O   by other people

[page break]

*Q107 of 181.*

My <u>dislike</u>                                My <u>dislike</u>
involves                                  involves
wanting to                             wanting
be some place                      other people
other than                             to see
with                                   this person's
this person    O O O O O O O O O   shortcomings

[page break]

*Q108 of 181.*

My <u>dislike</u>                                My <u>dislike</u>
involves                                  involves
wanting                                   wanting
this person to                      this person to
feel bad      O O O O O O O O O   suffer

[page break]

*Q109 of 181.*

|  | My <u>dislike</u> involves wanting other people to exclude this person | o o o o o o o o o | My <u>dislike</u> involves wanting to be away from this person |

[page break]

*Q110 of 181.*

|  | My <u>dislike</u> involves wanting to exclude this person from my group | o o o o o o o o o | My <u>dislike</u> involves wanting to make this person feel bad |

[page break]

*Q111 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** aiming to make it impossible for this person to harm you or others who you care about? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |

[page break]

*Q112 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** aiming to compel a change in this person's behavior? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |

[page break]

*Q113 of 181.*

| **In this experience, how much does your <u>dislike</u> involve** aiming to minimize this person's effect on you? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |

[page break]

*Q114 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>dislike</u> involve** | at all | little | what | much | much |
| aiming to | O | O | O | O | O |
| keep this person | | | | | |
| from having | | | | | |
| any impact | | | | | |
| on you | | | | | |
| or other people? | | | | | |

[page break]

*Q115 of 181.* Which of the following comes closest to what your <u>dislike</u> is aiming to do in this experience?
O Compel a change in this person's behavior?
O Minimize this person's effect on you?
O Keep this person from having any impact on you or other people?
O Make it impossible for this person to harm you or others who you care about?

[page break]

*Q116a of 181.* Please compare the extent to which you are feeling dislike vs. contempt toward this person in this experience, using the scale below.

```
I feel                                          I feel
dislike                                         contempt
very much more                                  very much more
than contempt    o  o  o   o   o   o   o  o  o  than dislike
```

*Q116b of 181.* Why is this?

```
┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

[page break]

*Q117a of 181.* Please compare the extent to which you are feeling dislike vs. hatred toward this person in this experience, using the scale below.

```
I feel                                          I feel
dislike                                         hatred
very much more                                  very much more
than hatred     o  o  o   o   o   o   o  o  o   than dislike
```

*Q117b of 181.* Why is this?

```
┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

[page break]

*Q118a of 181.* Please compare the extent to which you are feeling dislike vs. anger toward this person in this experience, using the scale below.

```
I feel                                          I feel
dislike                                         anger
very much more                                  very much more
than anger     o  o  o   o   o   o   o  o  o    than dislike
```

*Q118b of 181.* Why is this?

```
┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q119 of 181.*  **Joy**

                    Not at all  o o o o o o o o o  Very intensely
[page break]
Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q120 of 181.*  **Sadness**

                    Not at all  o o o o o o o o o  Very intensely
[page break]
Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q121 of 181.*  **Regret**

                    Not at all  o o o o o o o o o  Very intensely
[page break]
Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q122 of 181.*  **Relief**

                    Not at all  o o o o o o o o o  Very intensely
[page break]
Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q123 of 181.*  **Fear**

                    Not at all  o o o o o o o o o  Very intensely
[page break]
Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q124 of 181.*  **Pride**

                    Not at all  o o o o o o o o o  Very intensely
[page break]
Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q125 of 181.*  **Hope**

                    Not at all  o o o o o o o o o  Very intensely
[page break]
Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q126 of 181.*  **Anger toward someone**

                    Not at all  o o o o o o o o o  Very intensely
[page break]
Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q127 of 181.*  **Contempt toward someone**

                    Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q128 of 181.* **Dislike toward someone**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q129 of 181.* **Guilt**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q130 of 181.* **Frustration**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q131 of 181.* **Shame**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q132 of 181.* **Grossed out**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q133 of 181.* **Surprise**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q134 of 181.* **Distress (emotional pain)**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q135 of 181.* **Hatred toward someone**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q136 of 181.* **Affection toward someone**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>dislike</u>.

*Q137 of 181.*  **Physical Pain**

Not at all  ο ο ο ο ο ο ο ο ο  Very intensely

[page break]

*Q138 of 181.* Please read over the entire list of feelings given below. Which <u>one</u> word or phrase from the list best describes the emotion you are feeling in THIS experience? (PLEASE ANSWER HONESTLY, NO MATTER WHICH EMOTION YOU WERE ASKED ABOUT.)

- Joy
- Sadness
- Regret
- Relief
- Fear
- Pride
- Hope
- Anger toward someone
- Contempt toward someone
- Dislike toward someone
- Guilt
- Frustration
- Shame
- Grossed out
- Surprise
- Distress (emotional pain)
- Hatred toward someone
- Affection toward someone
- Physical Pain

[page break]

*Q139 of 181.* What is your understanding of the meaning of the word "<u>dislike</u>"?

```
┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

[page break]

*Q140 of 181.* Which of the following comes closest to your understanding of HATRED?
○ HATRED is intense dislike toward someone.
○ HATRED is intense anger toward someone.
○ HATRED is intense contempt toward someone.
○ HATRED is a mixture of emotions (such as dislike, anger, and/or contempt).
○ HATRED is an emotion that doesn't involve dislike, anger, or contempt.
○ None of the above.

[page break]

*Q141 of 181.* When did THIS experience of dislike <u>begin</u>?
○ while filling out this questionnaire
○ earlier today
○ days ago
○ weeks ago
○ months ago
○ years ago

[page break]

*Q142 of 181.* What is the <u>most</u> <u>recent</u> time in which you actually felt dislike in THIS experience?
○ while filling out this questionnaire
○ earlier today
○ days ago
○ weeks ago
○ months ago
○ years ago

[page break]

**Section E:** YOUR REFLECTIONS ON THIS EXPERIENCE

*Q143 of 181.* How easy or difficult was it for you to answer the questions in this questionnaire up to this point?

Very easy       ○ ○ ○ ○ ○ ○ ○ ○ ○     Very difficult

[page break]

*Q144 of 181.* How similar or different is your feeling of <u>dislike</u> toward this person in this experience compared to your usual experiences of dislike toward someone?

Very similar      ○ ○ ○ ○ ○ ○ ○ ○ ○     Very different

[page break]

*Q145a of 181.* Do you think there is a good reason for feeling <u>dislike</u> in this situation, or do you think that you are feeling dislike without good reason?

| I think there is a good reason for feeling this emotion in this situation | ○ ○ ○ ○ ○ ○ ○ ○ ○ | I think there is no good reason for feeling this emotion in this situation |
|---|---|---|

*Q145b of 181.* Why is this?

```


```

[page break]

*Q146 of 181.* In your opinion, are the thoughts you are having in this experience rational or irrational?

Very rational     ○ ○ ○ ○ ○ ○ ○ ○ ○     Very irrational

[page break]

**Appendix B: Hatred Experience Questionnaire**

The hatred current experience questionnaire beings on page 97 (the next page).

Formatting notes:

1. Survey has been modified to fit required margins and formatting (e.g., line spacing for some items may not be exact).

2. "**o**" indicates a radio button.

3. Participants were redirected to the prior (and fallback) condition if the box for "*If there is no one who…" was not empty.

4. "`[page break]`" indicates a page break.

5. A timing question (that was not displayed to participants) was included on each page of the survey.

6. Starting with Question 4, and then for all questions in the emotion experience questionnaires (besides Question 58): if a participant did not answer all of the questions on a page, a message was displayed indicating this. If a participant did not then answer the question(s) after receiving this message, they advanced to the next page of the survey.

**Please note**: When it occurs in this survey, **the word "CONTEMPT" refers to feelings of scorn that people may have toward someone when they have a very low opinion of that person.**

_____

**Section A:**

Selecting a current experience of
**hatred RATHER THAN any other emotion (such as contempt, anger, or dislike) toward another person**

*Q1 of 181.* Think of someone who is causing you to feel **hatred toward him or her RATHER THAN any other emotion** (such as contempt, anger, or dislike toward this person). For example, the person might be a family member, romantic partner, friend, acquaintance, or co-worker.

Who is this person? (you can write the person's initials, or anything else that reminds you who this person is)

| |
|---|
| |

*Q2 of 181.* When you have thought of someone who is causing you to feel hatred RATHER THAN any other emotion, please select your answer to the following question for each emotion in the list below: ***Are you feeling this emotion less than hatred, as much as hatred, or more than hatred?***

| | Less than hatred | As much as hatred | More than hatred |
|---|---|---|---|
| Contempt toward this person? | O | O | O |
| Anger toward this person? | O | O | O |
| Dislike toward this person? | O | O | O |

**IMPORTANT**: If you answered **"As much as hatred" or "More than hatred" to any of these questions**, don't change your answers--instead **choose someone else** (someone who is currently causing you to feel hatred RATHER THAN any other emotion). Then fill out the rest of the questionnaire, starting with the question below.

*Q3 of 181.* In the space below, write a brief title to remind yourself of what is causing you to feel hatred RATHER THAN contempt, anger, or dislike toward this person.

Title (cause of hatred):*  [                              ]

*If there is no one who is currently causing you to feel hatred RATHER THAN any other emotion, write "There is no one" in the box below; otherwise leave that box blank.

| |
|---|
| |

[page break]

**Section B:** DESCRIBING WHAT IS LEADING TO YOUR HATRED

*Q4 of 181.* In the space below, please briefly describe **what is happening that is leading you to feel hatred** (rather than any other emotion) toward this person.

[page break]

**Section C:** SPECIFYING THE *DIRECT CAUSE* OF YOUR HATRED

*Q5 of 181.* What is it, in this experience, that is **directly causing you to feel hatred** RATHER THAN any other emotion (such as contempt, anger, or dislike toward this person)?

```



```

**AFTER RE-READING YOUR ANSWER TO THE ABOVE QUESTION, ANSWER EACH OF THE FOLLOWING QUESTIONS BY SELECTING ONE ANSWER ON THE SCALE PROVIDED FOR THE QUESTION**

Throughout the survey, the phrase **"this person"** refers to the person toward whom you said you are feeling hatred RATHER THAN contempt, anger, or dislike.

**PLEASE NOTE:**

- Answer the questions in this part of the survey based only on what is causing you to feel hatred RATHER THAN contempt, anger, or dislike toward this person.

[page break]

*Q6 of 181.*

| My hatred is not at all caused by perceiving that this person is treating me or people who I care about unjustly | o o o o o o o o o | My hatred is very much caused by perceiving that this person is treating me or people who I care about unjustly |
|---|---|---|

[page break]

*Q7 of 181.*

| My hatred is not at all caused by perceiving this person as having little value to society | o o o o o o o o o | My hatred is very much caused by perceiving this person as having little value to society |
|---|---|---|

[page break]

*Q8 of 181.*

| My hatred is not at all caused by feeling humiliated by this person | o o o o o o o o o | My hatred is very much caused by feeling humiliated by this person |
|---|---|---|

[page break]

*Q9 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| is not at all | | is very much |
| caused by | | caused by |
| thinking that | | thinking that |
| an event | | an event |
| or situation | | or situation |
| was caused by | | was caused by |
| someone | | someone |
| other than myself | ○ ○ ○ ○ ○ ○ ○ ○ ○ | other than myself |

[page break]

*Q10 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| is caused by | | is caused by |
| perceiving | | perceiving |
| this person as | | this person as |
| at fault | | different |
| for something | ○ ○ ○ ○ ○ ○ ○ ○ ○ | from me |

[page break]

*Q11 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| is caused by | | is caused by |
| thinking that | | thinking that |
| something would | | something would |
| cause | | cause |
| harm for | | lasting |
| a limited time | ○ ○ ○ ○ ○ ○ ○ ○ ○ | harm |

[page break]

*Q12 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| is caused by | | is caused by |
| perceiving | | perceiving |
| this person as | | this person as |
| deserving blame | ○ ○ ○ ○ ○ ○ ○ ○ ○ | bothersome |

[page break]

*Q13 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| is caused by | | is caused by |
| perceiving that | | perceiving that |
| this person | | this person |
| was beneath | | was obstructing |
| my standards | ○ ○ ○ ○ ○ ○ ○ ○ ○ | my goals |

[page break]

*Q14 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| is caused by | | is caused by |
| thinking that | | thinking that |
| something was | | something was |
| not good, | | not good, |
| and there will | | and there will |
| eventually | | never |
| be something | | be anything |
| that can be done | | that can be done |
| about it | ○ ○ ○ ○ ○ ○ ○ ○ ○ | about it |

[page break]

*Q15 of 181.*

My <u>hatred</u>
is caused by
thinking that
I
have to
accept
something

ооооооооо

My <u>hatred</u>
is caused by
thinking that
I do not
or should not
have to
accept something

[page break]

*Q16 of 181.*

My <u>hatred</u>
is caused by
thinking that
this person
is beneath
my
standards

ооооооооо

My <u>hatred</u>
is caused by
thinking that
this person
is producing
some effects
that I don't want

[page break]

*Q17 of 181.*

My <u>hatred</u>
is caused by
thinking that
this person
is causing
a bad
outcome

ооооооооо

My <u>hatred</u>
is caused by
thinking that
this person
has
an unappealing
trait

[page break]

*Q18 of 181.*

My <u>hatred</u>
is caused by
thinking
that
there
is
something
I
don't
want

ооооооооо

My <u>hatred</u>
is caused by
thinking that
there is
something I
don't want,
and I think
I should be able
to do something
about it

[page break]

*Q19 of 181.*

My <u>hatred</u>
is caused by
thinking that
something was
not good, and
nothing
could be
done about it

ооооооооо

My <u>hatred</u>
is caused by
thinking that
something was
not good, but
something
could be
done about it

[page break]

*Q20 of 181.*

My <u>hatred</u>
is caused by
believing that
something has
improved things

ооооооооо

My <u>hatred</u>
is caused by
believing that
something has
made things worse

[page break]

*Q21 of 181.*

My <u>hatred</u>                         My <u>hatred</u>
is caused by                          is caused by
thinking that                         thinking that
what I am                             what
dealing with                          I am
is undesirable                        dealing with
and should not                        is
be this way        ○ ○ ○ ○ ○ ○ ○ ○ ○ ○   undesirable
                   [page break]

*Q22 of 181.*

My <u>hatred</u>                         My <u>hatred</u>
is caused by                          is caused by
thinking that                         thinking that
what I am                             what I am
dealing with                          dealing with
is                                    is undesirable
undesirable        ○ ○ ○ ○ ○ ○ ○ ○ ○ ○   and unfair
                   [page break]

*Q23 of 181.*

My <u>hatred</u>                         My <u>hatred</u>
is caused by                          is caused by
thinking that                         thinking that
this person                           this person
was accidentally                      was intentionally
harming me                            harming me
or a person                           or a person
I care about       ○ ○ ○ ○ ○ ○ ○ ○ ○ ○   I care about
                   [page break]

**Section D:** DESCRIBING HOW YOU ARE EXPERIENCING <u>HATRED</u>

The purpose of the following questions is to learn about your experience of hatred, rather than other reactions you might also be having. When answering the questions, please answer based only on the <u>hatred</u> you feel.

So stop and take a minute to focus on the feelings, thoughts, and physical sensations of your hatred toward this person, and how hatred is making you feel like reacting. In order to experience your hatred as intensely as you can, please **concentrate on the <u>hatred</u> you feel, and live it as vividly and deeply as possible**.

As soon as you feel that you are experiencing your hatred as vividly and deeply as you can, please answer the questions from here to the end of the survey.

[page break]

*Q24 of 181.* In your own words, describe the feeling of <u>hatred</u> as you are experiencing it.

```
┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

[page break]

*Q25 of 181.* What is <u>hatred</u> making you picture in your mind?

```
┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

[page break]

*Q26 of 181.* What thoughts is <u>hatred</u> making you think?

```
┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

[page break]

*Q27 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person lacks good qualities?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q28 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person has some good qualities?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q29 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person is beneath your standards?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q30 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person is stupid?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q31 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person is interfering with your goals?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q32 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person is immoral?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q33 of 181.*
**In this experience, how much does your <u>hatred</u> involve** thinking that this person is incompetent?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| O | O | O | O | O |

[page break]

*Q34 of 181.*
**In this experience, how much does your <u>hatred</u> involve** thinking about actions you could take against this person in the future?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| O | O | O | O | O |

[page break]

*Q35 of 181.*
**In this experience, how much does your <u>hatred</u> involve** thinking that this person cannot be changed?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| O | O | O | O | O |

[page break]

*Q36 of 181.*
**In this experience, how much does your <u>hatred</u> involve** thinking that this person is unworthy?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| O | O | O | O | O |

[page break]

*Q37 of 181.*
**In this experience, how much does your <u>hatred</u> involve** thinking about how to avoid seeing or hearing this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| O | O | O | O | O |

[page break]

*Q38 of 181.*
**In this experience, how much does your <u>hatred</u> involve** thinking that you could forgive this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| O | O | O | O | O |

[page break]

*Q39 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person is evil?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q40 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person is unfairly treating you or a person you care about?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q41 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that something about this person is inferior?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q42 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person deserves to be blamed for something?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q43 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person is harming you or harming a person you care about?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q44 of 181.*

**In this experience, how much does your <u>hatred</u> involve** thinking that this person is unappealing rather than inferior?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q45 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>hatred</u> involve** | at all | little | what | much | much |
| thinking that | ○ | ○ | ○ | ○ | ○ |

people in your group
have a low opinion
of this person?

[page break]

*Q46 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>hatred</u> involve** | at all | little | what | much | much |
| thinking you would | ○ | ○ | ○ | ○ | ○ |

be justified in
physically attacking
this person?

[page break]

*Q47 of 181.*

| My <u>hatred</u><br>involves<br>thinking that<br>this person is<br>treating me<br>or someone that<br>I care about<br>unfairly | ○ ○ ○ ○ ○ ○ ○ ○ ○ | My <u>hatred</u><br>involves<br>thinking that<br>this person is<br>deliberately<br>harming me<br>or someone that<br>I care about |
|---|---|---|

[page break]

*Q48 of 181.*

| My <u>hatred</u><br>involves<br>thinking that<br>this person<br>is<br>inferior<br>in some way | ○ ○ ○ ○ ○ ○ ○ ○ ○ | My <u>hatred</u><br>involves<br>thinking there is<br>something about<br>this person that I<br>don't want to<br>be around |
|---|---|---|

[page break]

*Q49 of 181.*

| My <u>hatred</u><br>involves<br>thinking that<br>this person is<br>deliberately<br>harming me<br>or someone that<br>I care about | ○ ○ ○ ○ ○ ○ ○ ○ ○ | My <u>hatred</u><br>involves<br>thinking that<br>this person is<br>making me<br>or someone that<br>I care about<br>feel bad |
|---|---|---|

[page break]

*Q50 of 181.* What physical sensations is <u>hatred</u> making you feel?

```
┌─────────────────────────────────────────────────────────────────────┐
│                                                                       │
│                                                                       │
│                                                                       │
│                                                                       │
│                                                                       │
│                                                                       │
└─────────────────────────────────────────────────────────────────────┘
```

[page break]

*Q51 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>hatred</u> involve** | at all | little | what | much | much |
| feeling ready to | ○ | ○ | ○ | ○ | ○ |
| explode? | | | | | |

[page break]

*Q52 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>hatred</u> involve** | at all | little | what | much | much |
| feeling boiling hot? | ○ | ○ | ○ | ○ | ○ |

[page break]

*Q53 of 181.*

My <u>hatred</u>
involves
feeling
turned off
by this person      ○ ○ ○ ○ ○ ○ ○ ○ ○      My <u>hatred</u> involves feeling revolted by this person

[page break]

*Q54 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>hatred</u> involve** | at all | little | what | much | much |
| feeling your | ○ | ○ | ○ | ○ | ○ |
| eyes narrowing | | | | | |
| when looking at | | | | | |
| this person? | | | | | |

*Q55 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>hatred</u> involve** | at all | little | what | much | much |
| feeling your | ○ | ○ | ○ | ○ | ○ |
| fists clenched? | | | | | |

[page break]

*Q56 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>hatred</u> involve** | at all | little | what | much | much |
| feeling your lips | ○ | ○ | ○ | ○ | ○ |
| pressed together? | | | | | |

[page break]

*Q57 of 181.*

**In this experience,**
**how much does your**
**<u>hatred</u> involve**
feeling yourself
gritting your teeth?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not<br>at all | a<br>little | some-<br>what | pretty<br>much | very<br>much |
| O | O | O | O | O |

[page break]

*Q58 of 181.* What has <u>hatred</u> made you feel like doing?  (LIST AS MANY DIFFERENT THINGS AS <u>HATRED</u> HAS MADE YOU FEEL LIKE DOING)

a. [                                        ]

b. [                                        ]

c. [                                        ]

d. [                                        ]

e. [                                        ]

f. [                                        ]

g. [                                        ]

[page break]

*Q59 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like making fun of this person? | 1 <br> not <br> at all <br> ○ | 2 <br> a <br> little <br> ○ | 3 <br> some- <br> what <br> ○ | 4 <br> pretty <br> much <br> ○ | 5 <br> very <br> much <br> ○ |
|---|---|---|---|---|---|

[page break]

*Q60 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like focusing your attention away from this person? | 1 <br> not <br> at all <br> ○ | 2 <br> a <br> little <br> ○ | 3 <br> some- <br> what <br> ○ | 4 <br> pretty <br> much <br> ○ | 5 <br> very <br> much <br> ○ |
|---|---|---|---|---|---|

[page break]

*Q61 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like spending less time looking at this person? | 1 <br> not <br> at all <br> ○ | 2 <br> a <br> little <br> ○ | 3 <br> some- <br> what <br> ○ | 4 <br> pretty <br> much <br> ○ | 5 <br> very <br> much <br> ○ |
|---|---|---|---|---|---|

[page break]

*Q62 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like sneering at this person? | 1 <br> not <br> at all <br> ○ | 2 <br> a <br> little <br> ○ | 3 <br> some- <br> what <br> ○ | 4 <br> pretty <br> much <br> ○ | 5 <br> very <br> much <br> ○ |
|---|---|---|---|---|---|

[page break]

*Q63 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like rolling your eyes at this person? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |
|---|---|---|---|---|---|

[page break]

*Q64 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like hitting this person? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |
|---|---|---|---|---|---|

[page break]

*Q65 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like encouraging other people to attack this person? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |
|---|---|---|---|---|---|

[page break]

*Q66 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like spending no more than a minimum amount of time with this person? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |
|---|---|---|---|---|---|

[page break]

*Q67 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like making a negative remark to this person about their behavior? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |
|---|---|---|---|---|---|

[page break]

*Q68 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** feeling like telling a third party about this person's shortcomings? | 1<br>not<br>at all<br>o | 2<br>a<br>little<br>o | 3<br>some-<br>what<br>o | 4<br>pretty<br>much<br>o | 5<br>very<br>much<br>o |
|---|---|---|---|---|---|

[page break]

*Q69 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| feeling like | ○ | ○ | ○ | ○ | ○ |
| yelling at | | | | | |
| this person? | | | | | |

[page break]

*Q70 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| feeling like | ○ | ○ | ○ | ○ | ○ |
| making | | | | | |
| a negative remark | | | | | |
| about this person | | | | | |
| to a third party? | | | | | |

[page break]

*Q71 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| feeling like | ○ | ○ | ○ | ○ | ○ |
| killing | | | | | |
| this person? | | | | | |

[page break]

*Q72 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| feeling like | ○ | ○ | ○ | ○ | ○ |
| confronting | | | | | |
| this person? | | | | | |

[page break]

*Q73 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| feeling like | ○ | ○ | ○ | ○ | ○ |
| attacking this person | | | | | |
| either verbally | | | | | |
| or physically? | | | | | |

[page break]

*Q74 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| feeling like | ○ | ○ | ○ | ○ | ○ |
| keeping your distance | | | | | |
| from this person? | | | | | |

[page break]

*Q75 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **<u>hatred</u> involve** | at all | little | what | much | much |
| feeling like | ○ | ○ | ○ | ○ | ○ |

feeling like
avoiding interacting
with this person?

<div align="center">[page break]</div>

*Q76 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| involves | | involves |
| feeling like | | feeling like |
| communicating | | taking some |
| less | | action against |
| with this person | ○ ○ ○ ○ ○ ○ ○ ○ ○ | this person |

<div align="center">[page break]</div>

*Q77 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| involves | | involves |
| feeling like | | feeling like |
| treating | | causing |
| this person as | | this |
| less capable | | person |
| than other people | ○ ○ ○ ○ ○ ○ ○ ○ ○ | pain |

<div align="center">[page break]</div>

*Q78 of 181.*

| My <u>hatred</u> | | My <u>hatred</u> |
|---|---|---|
| involves | | involves |
| feeling like | | feeling like |
| avoiding | | treating |
| communicating | | this person as |
| with | | less capable |
| this person | ○ ○ ○ ○ ○ ○ ○ ○ ○ | than other people |

<div align="center">[page break]</div>

*Q79 of 181.* What have you actually been doing, as part of this experience of <u>hatred</u>?

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```

*Q80 of 181.* When experiencing an emotion, people may do something
* as part of the emotion they are feeling;
* as a way of trying to control their emotional response;
* as both of these;
* as neither of these.

    a. To what extent is what you have actually been doing (as stated in your answer to question 79) ***part of*** the <u>hatred</u> you are feeling?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

    b. To what extent is what you have actually been doing (as stated in your answer to question 79) ***a way of trying to control*** your emotional response?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| ○ | ○ | ○ | ○ | ○ |

[page break]

*Q81 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** looking down on this person? | 1<br>not at all<br>○ | 2<br>a little<br>○ | 3<br>some- what<br>○ | 4<br>pretty much<br>○ | 5<br>very much<br>○ |
|---|---|---|---|---|---|

[page break]

*Q82 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** fantasizing about bad things happening to this person? | 1<br>not at all<br>○ | 2<br>a little<br>○ | 3<br>some- what<br>○ | 4<br>pretty much<br>○ | 5<br>very much<br>○ |
|---|---|---|---|---|---|

[page break]

*Q83 of 181.*

| **In this experience, how much does your <u>hatred</u> involve** looking for an opportunity to take action against this person? | 1<br>not at all<br>○ | 2<br>a little<br>○ | 3<br>some- what<br>○ | 4<br>pretty much<br>○ | 5<br>very much<br>○ |
|---|---|---|---|---|---|

[page break]

*Q84 of 181.* What is <u>hatred</u> making you want?

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┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
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```

[page break]

*Q85 of 181.*

**In this experience,**
**how much does your**
**<u>hatred</u> involve**
seeking to influence
this person's
behavior?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| o | o | o | o | o |

[page break]

*Q86 of 181.*

**In this experience,**
**how much does your**
**<u>hatred</u> involve**
seeking to
allow
no more than
a limited amount
of interaction
with this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| o | o | o | o | o |

[page break]

*Q87 of 181.*

**In this experience,**
**how much does your**
**<u>hatred</u> involve**
seeking to
eliminate this person
as a source of harm?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| o | o | o | o | o |

[page break]

*Q88 of 181.*

**In this experience,**
**how much does your**
**<u>hatred</u> involve**
seeking to
destroy this person
mentally, socially,
or physically?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| o | o | o | o | o |

[page break]

*Q89 of 181.*

**In this experience,**
**how much does your**
**<u>hatred</u> involve**
seeking to
take action against
this person?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some- what | pretty much | very much |
| o | o | o | o | o |

[page break]

*Q90 of 181.*

**In this experience,**     1      2      3      4      5
**how much does your**    not     a   some-  pretty  very
**<u>hatred</u> involve**   at all  little  what   much   much
seeking to       O      O      O      O      O
get this person
away from you?

[page break]

*Q91 of 181.*

| My <u>hatred</u> involves seeking to get this person out of my life altogether | O O O O O O O O O | My <u>hatred</u> involves seeking to limit my interaction with this person |
|---|---|---|

[page break]

*Q92 of 181.*

| My <u>hatred</u> involves seeking to make this person change their behavior | O O O O O O O O O | My <u>hatred</u> involves seeking to get this person out of my life forever |
|---|---|---|

[page break]

*Q93 of 181.*

| My <u>hatred</u> involves seeking to get myself away from this person | O O O O O O O O O | My <u>hatred</u> involves seeking to get this person away from me |
|---|---|---|

[page break]

*Q94 of 181.*

| My <u>hatred</u> involves seeking to move myself away from this person | O O O O O O O O O | My <u>hatred</u> involves seeking to move this person away from me |
|---|---|---|

[page break]

*Q95 of 181.*

**In this experience,**     1      2      3      4      5
**how much does your**    not     a   some-  pretty  very
**<u>hatred</u> involve**   at all  little  what   much   much
wanting to       O      O      O      O      O
exclude this person
from a group
that you belong to?

[page break]

*Q96 of 181.*

**In this experience, how much does your <u>hatred</u> involve** wanting to get back at this person?

| 1<br>not<br>at all | 2<br>a<br>little | 3<br>some-<br>what | 4<br>pretty<br>much | 5<br>very<br>much |
|---|---|---|---|---|
| O | O | O | O | O |

[page break]

*Q97 of 181.*

**In this experience, how much does your <u>hatred</u> involve** wanting to restore good relations with this person eventually?

| 1<br>not<br>at all | 2<br>a<br>little | 3<br>some-<br>what | 4<br>pretty<br>much | 5<br>very<br>much |
|---|---|---|---|---|
| O | O | O | O | O |

[page break]

*Q98 of 181.*

**In this experience, how much does your <u>hatred</u> involve** wanting this person out of your life?

| 1<br>not<br>at all | 2<br>a<br>little | 3<br>some-<br>what | 4<br>pretty<br>much | 5<br>very<br>much |
|---|---|---|---|---|
| O | O | O | O | O |

[page break]

*Q99 of 181.*

**In this experience, how much does your <u>hatred</u> involve** wanting to have nothing to do with this person?

| 1<br>not<br>at all | 2<br>a<br>little | 3<br>some-<br>what | 4<br>pretty<br>much | 5<br>very<br>much |
|---|---|---|---|---|
| O | O | O | O | O |

[page break]

*Q100 of 181.*

**In this experience, how much does your <u>hatred</u> involve** wanting to keep this person from coming into contact with you?

| 1<br>not<br>at all | 2<br>a<br>little | 3<br>some-<br>what | 4<br>pretty<br>much | 5<br>very<br>much |
|---|---|---|---|---|
| O | O | O | O | O |

[page break]

*Q101 of 181.*

**In this experience, how much does your <u>hatred</u> involve** wanting to hurt this person in some way?

| 1<br>not<br>at all | 2<br>a<br>little | 3<br>some-<br>what | 4<br>pretty<br>much | 5<br>very<br>much |
|---|---|---|---|---|
| O | O | O | O | O |

[page break]

*Q102 of 181.*

**In this experience, how much does your <u>hatred</u> involve** wanting to get rid of this person?

| 1<br>not<br>at all | 2<br>a<br>little | 3<br>some-<br>what | 4<br>pretty<br>much | 5<br>very<br>much |
|---|---|---|---|---|
| O | O | O | O | O |

[page break]

*Q103 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| wanting to | ○ | ○ | ○ | ○ | ○ |
| minimize | | | | | |
| your contact | | | | | |
| with this person? | | | | | |

[page break]

*Q104 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| wanting this person | ○ | ○ | ○ | ○ | ○ |
| to be rejected by | | | | | |
| people? | | | | | |

[page break]

*Q105 of 181.*

| My hatred involves wanting to make this person feel bad | ○ ○ ○ ○ ○ ○ ○ ○ ○ | My hatred involves wanting to harm this person |
|---|---|---|

[page break]

*Q106 of 181.*

| My hatred involves wanting to avoid close contact with this person | ○ ○ ○ ○ ○ ○ ○ ○ ○ | My hatred involves wanting this person to be rejected by other people |
|---|---|---|

[page break]

*Q107 of 181.*

| My hatred involves wanting to be some place other than with this person | ○ ○ ○ ○ ○ ○ ○ ○ ○ | My hatred involves wanting other people to see this person's shortcomings |
|---|---|---|

[page break]

*Q108 of 181.*

| My hatred involves wanting this person to feel bad | ○ ○ ○ ○ ○ ○ ○ ○ ○ | My hatred involves wanting this person to suffer |
|---|---|---|

[page break]

*Q109 of 181.*

| My <u>hatred</u> involves wanting other people to exclude this person | o o o o o o o o o | My <u>hatred</u> involves wanting to be away from this person |

[page break]

*Q110 of 181.*

| My <u>hatred</u> involves wanting to exclude this person from my group | o o o o o o o o o | My <u>hatred</u> involves wanting to make this person feel bad |

[page break]

*Q111 of 181.*

**In this experience, how much does your <u>hatred</u> involve** aiming to make it impossible for this person to harm you or others who you care about?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| o | o | o | o | o |

[page break]

*Q112 of 181.*

**In this experience, how much does your <u>hatred</u> involve** aiming to compel a change in this person's behavior?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| o | o | o | o | o |

[page break]

*Q113 of 181.*

**In this experience, how much does your <u>hatred</u> involve** aiming to minimize this person's effect on you?

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| not at all | a little | some-what | pretty much | very much |
| o | o | o | o | o |

[page break]

*Q114 of 181.*

| **In this experience,** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| **how much does your** | not | a | some- | pretty | very |
| **hatred involve** | at all | little | what | much | much |
| aiming to | O | O | O | O | O |

keep this person
from having
any impact
on you
or other people?

[page break]

*Q115 of 181.* Which of the following comes closest to what your <u>hatred</u>
is aiming to do in this experience?
O Compel a change in this person's behavior?
O Minimize this person's effect on you?
O Keep this person from having any impact on you or other people?
O Make it impossible for this person to harm you or others who you
   care about?

[page break]

*Q116a of 181.* Please compare the extent to which you are feeling hatred vs. contempt toward this person in this experience, using the scale below.

I feel                                                            I feel
hatred                                                            contempt
very much more                                                    very much more
than contempt    o  o  o   o   o  o   o  o   o                    than hatred

*Q116b of 181.* Why is this?

```



```

[page break]

*Q117a of 181.* Please compare the extent to which you are feeling hatred vs. anger toward this person in this experience, using the scale below.

I feel                                                            I feel
hatred                                                            anger
very much more                                                    very much more
than anger       o  o  o   o   o  o   o  o   o                    than hatred

*Q117b of 181.* Why is this?

```



```

[page break]

*Q118a of 181.* Please compare the extent to which you are feeling hatred vs. dislike toward this person in this experience, using the scale below.

I feel                                                            I feel
hatred                                                            dislike
very much more                                                    very much more
than dislike     o  o  o   o   o  o   o  o   o                    than hatred

*Q118b of 181.* Why is this?

```



```

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q119 of 181.*  **Joy**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q120 of 181.*  **Sadness**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q121 of 181.*  **Regret**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q122 of 181.*  **Relief**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q123 of 181.*  **Fear**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q124 of 181.*  **Pride**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q125 of 181.*  **Hope**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q126 of 181.*  **Anger toward someone**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q127 of 181.*  **Contempt toward someone**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q128 of 181.* **Dislike toward someone**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q129 of 181.* **Guilt**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q130 of 181.* **Frustration**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q131 of 181.* **Shame**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q132 of 181.* **Grossed out**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q133 of 181.* **Surprise**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q134 of 181.* **Distress (emotional pain)**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q135 of 181.* **Hatred toward someone**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q136 of 181.* **Affection toward someone**

Not at all   o o o o o o o o o   Very intensely

[page break]

Please rate how intensely each of the following emotions is part of your experience of <u>hatred</u>.

*Q137 of 181.*  **Physical Pain**

Not at all   O O O O O O O O O   Very intensely

[page break]

*Q138 of 181.* Please read over the entire list of feelings given below. Which <u>one</u> word or phrase from the list best describes the emotion you are feeling in THIS experience? (PLEASE ANSWER HONESTLY, NO MATTER WHICH EMOTION YOU WERE ASKED ABOUT.)

- ○ Joy
- ○ Sadness
- ○ Regret
- ○ Relief
- ○ Fear
- ○ Pride
- ○ Hope
- ○ Anger toward someone
- ○ Contempt toward someone
- ○ Dislike toward someone
- ○ Guilt
- ○ Frustration
- ○ Shame
- ○ Grossed out
- ○ Surprise
- ○ Distress (emotional pain)
- ○ Hatred toward someone
- ○ Affection toward someone
- ○ Physical Pain

[page break]

*Q139 of 181.* What is your understanding of the meaning of the word "hatred"?

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┌─────────────────────────────────────────────────────────────┐
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
│                                                             │
└─────────────────────────────────────────────────────────────┘
```

[page break]

*Q140 of 181.* Which of the following comes closest to your understanding of HATRED?
- ○ HATRED is intense dislike toward someone.
- ○ HATRED is intense anger toward someone.
- ○ HATRED is intense contempt toward someone.
- ○ HATRED is a mixture of emotions (such as dislike, anger, and/or contempt).
- ○ HATRED is an emotion that doesn't involve dislike, anger, or contempt.
- ○ None of the above.

[page break]

*Q141 of 181.* When did THIS experience of hatred begin?
- ○ while filling out this questionnaire
- ○ earlier today
- ○ days ago
- ○ weeks ago
- ○ months ago
- ○ years ago

[page break]

*Q142 of 181.* What is the most recent time in which you actually felt hatred in THIS experience?
- ○ while filling out this questionnaire
- ○ earlier today
- ○ days ago
- ○ weeks ago
- ○ months ago
- ○ years ago

[page break]

**Section E:** YOUR REFLECTIONS ON THIS EXPERIENCE

*Q143 of 181.* How easy or difficult was it for you to answer the questions in this questionnaire up to this point?

Very easy        ○ ○ ○ ○ ○ ○ ○ ○ ○     Very difficult

[page break]

*Q144 of 181.* How similar or different is your feeling of <u>hatred</u> toward this person in this experience compared to your usual experiences of hatred toward someone?

Very similar       ○ ○ ○ ○ ○ ○ ○ ○ ○     Very different

[page break]

*Q145a of 181.* Do you think there is a good reason for feeling <u>hatred</u> in this situation, or do you think that you are feeling hatred without good reason?

| I think there is | | I think there is |
|---|---|---|
| a good reason | | no good reason |
| for feeling | | for feeling |
| this emotion | | this emotion |
| in this situation | ○ ○ ○ ○ ○ ○ ○ ○ ○ | in this situation |

*Q145b of 181.* Why is this?

```



```

[page break]

*Q146 of 181.* In your opinion, are the thoughts you are having in this experience rational or irrational?

Very rational      ○ ○ ○ ○ ○ ○ ○ ○ ○    Very irrational

[page break]

**Appendix C: Positive Emotion Exercise**

The joy experience questionnaire beings on page 130 (the next page).

Formatting notes:

1. Survey has been modified to fit required margins and formatting (e.g., line spacing for some items may not be exact).

2. "**o**" indicates a radio button.

3. "`[page break]`" indicates a page break.

4. A timing question (that was not displayed to participants) was included on each page of the survey.

5. Starting with Question 147, and then for all questions in the joy experience questionnaire (besides Question 149): if a participant did not answer all of the questions on a page, a message was displayed indicating this. If a participant did not then answer the question(s) after receiving this message, they advanced to the next page of the survey.

**Section F:** SELECTING A *PRIOR* EXPERIENCE OF A POSITIVE EMOTION

*Q147 of 181.* Think of an experience **at some point in your life** that caused you to feel <u>joy</u>.

Once you know the experience you are going to use, type a brief title for the experience. Type the title for your emotion event in the space below.

Joy experience:

| |
|---|

[page break]

**SELECTING A PARTICULAR MOMENT AS A REFERENCE POINT
FOR ANSWERING THE QUESTIONS:**

*Q148 of 181.* Now we are going to ask you to choose a particular moment in time to serve as a reference point.
   (a) Think back and remember a moment in this experience when you felt <u>joy</u>.

   (b) In the space below, please **give this moment a name:**

| |
|---|

[page break]

*Q149 of 181.* What did <u>joy</u> make you feel like doing?  (LIST AS MANY DIFFERENT THINGS AS JOY MADE YOU FEEL LIKE DOING AT THAT MOMENT)

a. 
b. 
c. 
d. 
e. 
f. 
g. 

[page break]

*Q150 of 181.* When you were feeling <u>joy</u>, what did you actually do?

| |
|---|

[page break]

**Section G:** DESCRIBING *HOW YOU **EXPERIENCED*** JOY

For each of the questions in this part of the survey, select one answer.

*Q151 of 181.* **When you were feeling joy...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel eagerness for something? | not at all | a little | some- what | pretty much | very much |
| | O | O | O | O | O |

[page break]

*Q152 of 181.* **When you were feeling joy...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel warm all over? | not at all | a little | some- what | pretty much | very much |
| | O | O | O | O | O |

[page break]

*Q153 of 181.* **When you were feeling joy...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel excited, supercharged? | not at all | a little | some- what | pretty much | very much |
| | O | O | O | O | O |

[page break]

*Q154 of 181.* **When you were feeling joy...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel more powerful? | not at all | a little | some- what | pretty much | very much |
| | O | O | O | O | O |

[page break]

*Q155 of 181.* **When you were feeling joy...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel tension leaving your body? | not at all | a little | some- what | pretty much | very much |
| | O | O | O | O | O |

[page break]

*Q156 of 181.* **When you were feeling joy...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| think that you belonged with someone? | not at all | a little | some- what | pretty much | very much |
| | O | O | O | O | O |

[page break]

*Q157 of 181.* **When you were feeling joy...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| think that the worst was over? | not at all | a little | some- what | pretty much | very much |
| | O | O | O | O | O |

[page break]

*Q158 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| think hard about | not | a | some- | pretty | very |
| what will happen next? | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q159 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| think that you had | not | a | some- | pretty | very |
| accomplished something? | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q160 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| think that something in the | not | a | some- | pretty | very |
| world is great? | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q161 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like holding someone? | not | a | some- | pretty | very |
| | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q162 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like moving toward a | not | a | some- | pretty | very |
| better outcome? | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q163 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like talking about | not | a | some- | pretty | very |
| yourself? | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q164 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like jumping up and down? | not | a | some- | pretty | very |
| | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q165 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like taking a break? | not | a | some- | pretty | very |
| | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q166 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like fantasizing | not | a | some- | pretty | very |
| about something? | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q167 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like embracing someone? | not | a | some- | pretty | very |
| | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q168 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like playing? | not | a | some- | pretty | very |
| | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q169 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like relaxing? | not | a | some- | pretty | very |
| | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

*Q170 of 181.* **When you were feeling <u>joy</u>...**

| **How much did you** | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| feel like showing | not | a | some- | pretty | very |
| what you can do? | at all | little | what | much | much |
| | O | O | O | O | O |

[page break]

Please rate how intensely each of the following emotions was part of your experience of <u>joy</u>.

*Q171 of 181.* **Joy**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions was part of your experience of <u>joy</u>.

*Q172 of 181.* **Relief**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions was part of your experience of <u>joy</u>.

*Q173 of 181.* **Pride**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions was part of your experience of <u>joy</u>.

*Q174 of 181.* **Hope**

Not at all  o o o o o o o o o  Very intensely
[page break]

Please rate how intensely each of the following emotions was part of your experience of <u>joy</u>.

*Q175 of 181.* **Affection toward someone**

Not at all  o o o o o o o o o  Very intensely
[page break]

**Appendix D: Demographics**

The demographics section of the survey beings on page 136 (the next page).

Formatting notes:

1. Survey has been modified to fit required margins and formatting (e.g., line spacing for some items may not be exact).

2. "o" indicates a radio button.

3. "[page break]" indicates a page break.

4. A timing question (that was not displayed to participants) was included on each page of the survey.

5. Starting with Question 176, and then for all demographic questions: if a participant did not answer all of the questions on a page, a message was displayed indicating this. If a participant did not then answer the question(s) after receiving this message, they advanced to the next page of the survey.

**Section H: BACKGROUND INFORMATION**

*Q176 of 181.* What is your native language?

```
┌─────────────────────────────────────────────────────┐
│                                                       │
└─────────────────────────────────────────────────────┘
```

                              [page break]

*Q177 of 181.* In what country were you born?

```
┌─────────────────────────────────────────────────────┐
│                                                       │
└─────────────────────────────────────────────────────┘
```

                              [page break]

*Q178 of 181.* Your sex:

- ○ Female
- ○ Male
- ○ Other (please specify) ┌──────────────────────────┐
                           └──────────────────────────┘

                              [page break]

*Q179 of 181.* Are you currently:

- ○ Married
- ○ Widowed
- ○ Divorced
- ○ Separated
- ○ Never Married

                              [page break]

*Q180a of 181.* Where did you receive the major part of your education up to high school?

- ○ In a rural area
- ○ In a small city or town (population under 50,000)
- ○ In a medium-size city (population of 50,000-250,000)
- ○ In a suburb near a large city
- ○ In a large city (population over 250,000)

*Q180b of 181.* In what country was this place located?

```
┌─────────────────────────────────────────────────────┐
│                                                       │
└─────────────────────────────────────────────────────┘
```

                              [page break]

*Q181 of 181.* How well do you speak English?

- ○ Very well
- ○ Well
- ○ Not well
- ○ Not at all

                              [page break]

**Appendix E: Assumption of Linearity**

The assumption that each emotion predictor variable had a linear relationship with each dependent variable was tested by the compare means (testing for deviation from linearity), and curve fit procedures in SPSS. The non-linear emotion predictors were computed for any quadric and/or cubic relationship, and included in the regression model (entered in the same block as the linear emotion predictor). Inclusion of variation from non-linear term(s) might increase or decrease the change in $R^2$ shown for a particular variable in the tables.

There was a significant ($p < .05$) quadratic relationship (without other non-linear relationships) between:

1. Anger intensity and teeth gritting (Question 57).

2. Dislike intensity and feeling like hitting someone (Question 64).

A significant ($p < .05$) cubic relationship was found between:

1. Anger intensity and feeling like making a negative remark about someone to a third party (Question 70).

2. Dislike intensity and thinking about how to avoid seeing or hearing someone (Question 37); feeling like making a negative remark about someone to a third party (Question 70); feeling like avoiding communicating with someone vs. treating someone as less capable than other people (Question 78); wanting to hurt someone (Question 101); wanting someone to be rejected by people (Question 104); and wanting other people to exclude someone vs. be away from someone (Question 109).

3. Contempt intensity and making fun of someone (Question 59).

4. Hatred intensity and fantasizing about bad things happening to someone (Question 82); feeling like killing someone (Question 71); wanting someone to feel bad vs. suffer (Question 108); and wanting someone to be rejected by people (Question 104).

## Appendix F: Partial Correlations

Partial correlations assessed the direction of association between an emotion predictor and a dependent variable (after controlling for the other three emotion predictors). The partial correlations between each emotion predictor and each dependent response are reported in Tables F1, F2, F3, F4, and F5.

**Table F1**

*Partial Correlations Between Emotion Predictor Variables and Phenomenology*

| Emo | Variable | Dislike $(r_{42.135})$ | Contempt $(r_{32.145})$ | Anger $(r_{12.345})$ | Hatred $(r_{52.134})$ |
|---|---|---|---|---|---|
| Ht | Interferes with your goals X Lacks good qualities | .14 | .23 | -.03 | .25 |
| Ht | This person is evil | .07 | .09 | .02 | .39 |
| Ht | This person has some good qualities (R) | -.02 | .16 | .15 | .04 |
| Ht | This person cannot be changed | .07 | .05 | -.32 | .28 |
| Ht | This person was intentionally harming me or a person I care about | .05 | .04 | .08 | .20 |
| Ht | You would be justified in physically attacking this person | -.08 | .00 | -.03 | .40 |
| Ht | You could forgive this person (R) | -.18 | .13 | .18 | .14 |
| Ht [*vs.* An] | This person is deliberately harming me or someone that I care about [vs. making feel bad] | -.10 | .10 | -.13 | .18 |
| Ht [*vs.* An] | This person is deliberately harming me or someone that I care about [vs. treating unfairly] | -.05 | .01 | .06 | .21 |
| An | What I am dealing with is undesirable and unfair | .01 | -.10 | .07 | .04 |
| An | This person is unfairly treating you or a person you care about | .12 | -.12 | .16 | .12 |
| AnHt | Actions you could take against this person in the future | .10 | .05 | .05 | .30 |
| AnHt | This person is harming you or harming a person you care about[a] | .11 | -.09 | .19 | .16 |

Table F1 (continued)

| Emo | Variable | Dislike ($r_{42.135}$) | Contempt ($r_{32.145}$) | Anger ($r_{12.345}$) | Hatred ($r_{52.134}$) |
|---|---|---|---|---|---|
| Dl | This person is unappealing rather than inferior | .18 | .07 | -.10 | -.04 |
| Dl | This person has an unappealing trait | .14 | .01 | -.13 | -.03 |
| Dl | How to avoid seeing or hearing this person | .24[b] | .18 | -.15 | .15 |
| Dl | This person deserves to be blamed for something (R) | -.06 | -.21 | -.17 | -.18 |
| Dl [vs. Ct] | There is something about this person that I don't want to be around [vs. this person is inferior in some way] | .11 | -.02 | -.19 | .10 |
| AnCt Ht [vs. Dl] | What I am dealing with is undesirable and should not be this way [vs. what I am dealing with is undesirable.] | -.02 | -.06 | .09 | -.03 |
| CtHt | This person is immoral | .13 | .21 | -.07 | .26 |
| Ct | This person is unworthy | -.14 | .29 | -.05 | .29 |
| Ct | Something about this person is inferior | -.04 | .24 | -.05 | .13 |
| Ct | This person is incompetent | .04 | .44 | .06 | .11 |
| Ct | This person is beneath your standards | .09 | .41 | -.08 | .04 |
| Ct | People in your group have a low opinion of this person | .25 | .11 | -.14 | .27 |
| Ct | This person is stupid | .00 | .36 | .15 | .11 |
| An | Feel boiling hot | -.06 | -.07 | .38 | .31 |
| An | Feel ready to explode | .03 | .02 | .26 | .27 |
| Dl [vs. Ct] | Feel turned off by this person [vs. feel revolted by this person] | -.09 | -.05 | -.13 | -.33 |

*Note.* $N = 107$. Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. "*Vs.*" and text in brackets indicates bipolar scale contrasting hypothesized emotions. (R) denotes reverse-scored item.

[a]Reversed item was hypothesized for dislike. [b]Non-linear term(s) included in regression, linear partial correlation reported here.

**Table F2**

*Partial Correlations Between Emotion Predictor Variables and Expressive Responses*

| Emo | Variable | Dislike ($r_{42.135}$) | Contempt ($r_{32.145}$) | Anger ($r_{12.345}$) | Hatred ($r_{52.134}$) |
|---|---|---|---|---|---|
| Ht | Feel your eyes narrowing when looking at this person | -.02 | .15 | .05 | .01 |
| An | Feel your lips pressed together | -.05 | .03 | -.01 | .15 |
| An | Feel your fists clenched | -.18 | -.05 | .12 | .34 |
| An | Feel yourself gritting your teeth | -.15 | .05 | .08[a] | .17 |
| Dl | Feel like spending less time looking at this person | .23 | .24 | -.08 | -.09 |
| Dl | Feel like focusing your attention away from this person | .19 | .25 | -.23 | -.14 |
| Ct | Feel like sneering at this person | -.02 | .03 | -.01 | .32 |
| Ct | Feel like rolling your eyes at this person | .22 | .13 | .00 | -.10 |
| Ct | Feel like making fun of this person | .01 | .08[a] | -.01 | .25 |

*Note. N* = 107. Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. [a]Non-linear term(s) included in regression, linear partial correlation reported here.

**Table F3**

*Partial Correlations Between Emotion Predictor Variables and Behavioral Responses*

| Emo | Variable | Dislike $(r_{42.135})$ | Contempt $(r_{32.145})$ | Anger $(r_{12.345})$ | Hatred $(r_{52.134})$ |
|---|---|---|---|---|---|
| Ht | Feel like encouraging other people to attack this person | -.09 | -.09 | .02 | .42 |
| Ht | Feel like hitting this person | .02[a] | .14 | .11 | .42 |
| Ht | Feel like killing this person | -.10 | -.08 | -.06 | .33[a] |
| Ht [vs. Ct] | Feel like causing this person pain [vs. treating this person as less capable than other people] | -.13 | -.18 | .12 | .41 |
| Ht | Look for an opportunity to take action against this person | -.02 | -.05 | .04 | .29 |
| Ht | Fantasize about bad things happening to this person | .00 | .06 | .08 | .46[a] |
| An | Feel like confronting this person | .01 | .01 | .17 | .11 |
| An | Feel like attacking this person either verbally or physically | -.04 | .02 | .04 | .39 |
| An | Feel like making a negative remark to this person about their behavior | .17 | -.04 | .16 | .18 |
| An | Feel like yelling at this person | .01 | -.01 | .37 | .25 |
| Dl [vs. An] | Feel like communicating less with this person [vs. taking some action against this person] | .18 | .16 | -.04 | -.36 |
| Dl | Feel like avoiding interacting with this person | .28 | .19 | -.16 | .02 |
| Dl | Feel like keeping your distance from this person | .26 | .16 | -.08 | .01 |
| Dl | Feel like spending no more than minimum time with this person | .27 | .18 | .04 | -.08 |
| Dl [vs. Ct] | Feel like avoiding communicating with this person [vs. treating this person as less capable than other people] | .15[a] | -.06 | -.04 | -.13 |
| Ct | Feel like making a negative remark about this person to a third party | .03[a] | .01 | .20[a] | .02 |
| Ct | Feel like telling a third party about this person's shortcomings | .08 | .03 | .15 | .04 |
| Ct | Look down on this person | -.09 | .28 | -.04 | .21 |

*Note. N = 107.* Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. "*Vs.*" and text in brackets indicates bipolar scale contrasting hypothesized emotions. [a]Non-linear term(s) included in regression, linear partial correlation reported here.

**Table F4**

*Partial Correlations Between Emotion Predictor Variables and Emotivational Goal*

| Emo | Variable | Dislike ($r_{42.135}$) | Contempt ($r_{32.145}$) | Anger ($r_{12.345}$) | Hatred ($r_{52.134}$) |
|---|---|---|---|---|---|
| Ht | Want this person out of your life | .03 | .27 | -.16 | .34 |
| Ht | Want to get rid of this person | -.04 | .13 | -.06 | .35 |
| Ht [vs. An] | Want to harm this person [vs. make this person feel bad] | -.16 | .02 | .01 | .10 |
| Ht [vs. An] | Want this person to suffer [vs. to feel bad] | -.19 | .00 | -.10 | .31[a] |
| AnHt | Want to hurt this person in some way | -.17[a] | .03 | .10 | .41 |
| An | Want to get back at this person | -.04 | -.14 | .13 | .45 |
| An | Want to restore good relations with this person eventually | -.09 | -.09 | -.05 | -.21 |
| Ct [vs. An] | Want to exclude this person from my group [vs. make this person feel bad] | .18 | .20 | -.13 | -.13 |
| Dl | Want to minimize your contact with this person | .18 | .09 | -.14 | .15 |
| Dl [vs. Ct] | Want to be some place other than with this person [vs. other people to see this person's shortcomings] | -.04 | -.07 | -.13 | -.01 |
| Dl [vs. Ct] | Want to avoid close contact with this person [vs. this person to be rejected by other people] | .17 | .00 | -.07 | .02 |
| Dl [vs. Ct] | Want to be away from this person [vs. other people to exclude this person] | .14[a] | .00 | -.02 | .02 |
| Ct | Want this person to be rejected by people | .01[a] | .20 | -.02 | .33[a] |
| Ct | Want to keep this person from coming into contact with you | .07 | .23 | -.09 | .27 |
| Ct | Want to exclude this person from a group you belong to | .28 | .21 | -.06 | .11 |
| Ct | Want to have nothing to do with this person | .06 | .23 | -.19 | .28 |

*Note. N* = 107. Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. "*Vs.*" and text in brackets indicates bipolar scale contrasting hypothesized emotions. [a]Non-linear term(s) included in regression, linear partial correlation reported here.

**Table F5**

*Partial Correlations Between Emotion Predictor Variables and Strategies*

| Emo | Variable | Dislike ($r_{42.135}$) | Contempt ($r_{32.145}$) | Anger ($r_{12.345}$) | Hatred ($r_{52.134}$) |
|---|---|---|---|---|---|
| Ht | Seek to eliminate this person as a source of harm | .01 | .04 | .06 | .23 |
| Ht | Seek to destroy this person mentally, socially, or physically | -.09 | .01 | -.02 | .34 |
| Ht [*vs.* Dl] | Seek to get this person out of my life altogether [vs. limit my interaction with this person] | -.08 | .24 | -.07 | .23 |
| Ht [*vs.* An] | Seek to get this person out of my life forever [vs. make this person change their behavior] | -.07 | .24 | -.16 | .37 |
| An | Seek to take action against this person | -.04 | -.03 | .04 | .23 |
| An | Seek to influence this person's behavior | -.02 | -.12 | .05 | -.12 |
| Dl | Seek to allow no more than a limited amount of interaction with this person | .19 | .20 | -.24 | .15 |
| Dl [*vs.* Ct] | Seek to get myself away from this person [vs. get this person away from me] | -.07 | .02 | -.04 | -.19 |
| Dl [*vs.* Ct] | Seek to move myself away from this person [vs. move this person away from me] | -.06 | -.02 | .09 | -.21 |
| Ct | Seek to get this person away from you | .16 | .18 | -.13 | .16 |

*Note. N* = 107. Emo=hypothesized emotion. Dl=dislike. Ct=contempt. An=anger. Ht=Hate. "*Vs.*" and text in brackets indicates bipolar scale contrasting hypothesized emotions.

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