

Study 1

Self-compassion

Please indicate the extent to which each of the following statements describes how you typically act towards yourself in difficult times.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

When I fail at something important to me I become consumed by feelings of inadequacy.
I try to be understanding and patient towards those aspects of my personality I don't like.
When something painful happens I try to take a balanced view of the situation.
When I'm feeling down, I tend to feel like most other people are probably happier than I am.
I try to see my failings as part of the human condition.
When I'm going through a very hard time, I give myself the caring and tenderness I need.
When something upsets me I try to keep my emotions in balance.
When I fail at something that's important to me, I tend to feel alone in my failure
When I'm feeling down I tend to obsess and fixate on everything that's wrong.
When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
I'm disapproving and judgmental about my own flaws and inadequacies.
I'm intolerant and impatient towards those aspects of my personality I don't like.

Self-esteem

Below is a list of statements dealing with your general feelings about yourself. Please indicate how much you agree/disagree with each statement.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

On the whole, I am satisfied with myself.
At times, I think I am no good at all.
I feel that I have a number of good qualities.
I am able to do things as well as most other people.
I feel I do not have much to be proud of.
I certainly feel useless at times.
I feel that I'm a person of worth, at least on an equal plane with others.
I wish I could have more respect for myself.
All in all, I am inclined to feel that I am a failure.
I take a positive attitude toward myself.

Describe a self-flaw

Most people have flaws or shortcomings. Please take a moment to consider a flaw or a shortcoming that you see in your current romantic partner. This flaw could be a personal attribute, characteristic, or lifestyle. Once you have this flaw in mind, please take 2 minutes to write 4-5 sentences illustrating some of the characteristics associated with this flaw that you see in your current romantic partner as vividly as possible (e.g., What is the flaw? Why do you see this as a

flaw in your current partner? How long have you seen this flaw in your current partner? How easy or difficult for your current partner to correct it? What role does it play in your current partner's life?).

Describe a partner-flaw

Most people have flaws or shortcomings. Please take a moment to consider a flaw or a shortcoming that you see in your current romantic partner. This flaw could be a personal attribute, characteristic, or lifestyle. Once you have this flaw in mind, please take 2 minutes to write 4-5 sentences illustrating some of the characteristics associated with this flaw that you see in your current romantic partner as vividly as possible (e.g., What is the flaw? Why do you see this as a flaw in your current partner? How long have you seen this flaw in your current partner? How easy or difficult for your current partner to correct it? What role does it play in your current partner's life?).

Acceptance of own flaw

The following questions address how you feel and think about your flaw RIGHT NOW.

There are no right or wrong answers. Please note that some items may appear similar to each other but each item is important in its own way. So, answer each item individually, as accurately as you can.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

I criticize myself for having this flaw.

I tell myself that I shouldn't be feeling the way I'm feeling about my flaw.

I believe my flaw is abnormal or bad and I shouldn't think that way.

I make judgments about whether my flaw is good or bad.

I tend to make judgments about how worthwhile or worthless my flaw is.

I tell myself that I shouldn't be thinking the way I'm thinking about my flaw.

I think my flaw is bad or inappropriate and I shouldn't have it.

I disapprove of myself when I am reminded of this flaw.

Acceptance of partner's flaw

The following questions address how you feel and think about the flaw that you see in your current romantic partner RIGHT NOW.

There are no right or wrong answers. Please note that some items may appear similar to each other but each item is important in its own way. So, answer each item individually, as accurately as you can.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

I criticize my romantic partner for having this flaw.

I tell myself that I shouldn't be feeling the way I'm feeling about my romantic partner's flaw.

I believe my romantic partner's flaw is abnormal or bad and I shouldn't think that way.
I make judgments about whether my romantic partner's is good or bad.
I tend to make judgments about how worthwhile or worthless my romantic partner's flaw is.
I tell myself that I shouldn't be thinking the way I'm thinking about my romantic partner's flaw.
I think my romantic partner's flaw is bad or inappropriate and I shouldn't have it.
I disapprove of my romantic partner when I am reminded of this flaw.

Relationship characteristics

How long have you been in a romantic relationship with your romantic partner?

To what extent does each of the following statements describe your feelings regarding your romantic relationship?

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

Our relationship is close to ideal

Our relationship fulfill my needs

Our relationship is much better than other people's relationships

I feel satisfied with our relationship

Our relationship makes me very happy

Study 2

Self-compassion: The same scale as the one used in Study 1

Self-esteem: The same scale as the one used in Study 1

Describe a self-flaw: The same as the one used in Study 1

Acceptance of own flaw: The same as the one used in Study 1

Romantic procrastination condition

Imagine that you and your romantic partner love the same band and have always wanted to see them play live in concert. You find out that this band will be in town next month and there are limited tickets available. Your romantic partner promises to get tickets for the both of you. The following week, you discover that your partner procrastinated on ordering the tickets and now the concert is sold out.

Acquaintance procrastination condition

Imagine that you and the acquaintance you thought of love the same band and have always wanted to see them play live in concert. You find out that this band will be in town next month and there are limited tickets available. Your acquaintance promises to get tickets for the both of you. The following week, you discover that your acquaintance procrastinated on ordering the tickets and now the concert is sold out.

Acceptance of partner's procrastination

The following questions address how you would think and feel about your romantic partner's procrastination.

There are no right or wrong answers. Please note that some items may appear similar to each other but each item is important in its own way. So, answer each item individually, as accurately as you can.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

I criticize my partner for having procrastinated.

I tell myself that I shouldn't be feeling the way I'm feeling about my partner's procrastination.

I believe my partner's procrastination is abnormal or bad and I shouldn't think that way.

I made judgments about whether my partner's procrastination is good or bad.

I made judgments about how worthwhile or worthless my partner's procrastination is.

I tell myself that I shouldn't be thinking the way I'm thinking about my partner's procrastination.

I think my partner's procrastination is bad or inappropriate and I shouldn't have it.

I disapprove of my partner's procrastination.

I am accepting of the fact that my partner procrastinated.

I am able to feel my procrastination and let it go
I think I will continue to be consumed by my partner's procrastination
I am having a hard time living with my partner's procrastination

Acceptance of acquaintance's procrastination

The following questions address how you would think and feel about your acquaintance's procrastination.

There are no right or wrong answers. Please note that some items may appear similar to each other but each item is important in its own way. So, answer each item individually, as accurately as you can.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

I criticize my acquaintance for having procrastinated.
I tell myself that I shouldn't be feeling the way I'm feeling about my acquaintance's procrastination.
I believe my acquaintance's procrastination is abnormal or bad and I shouldn't think that way.
I made judgments about whether my acquaintance's procrastination is good or bad.
I made judgments about how worthwhile or worthless my acquaintance's procrastination is.
I tell myself that I shouldn't be thinking the way I'm thinking about my acquaintance's procrastination.
I think my acquaintance's procrastination is bad or inappropriate and I shouldn't have it.
I disapprove of my acquaintance's procrastination.
I am accepting of the fact that my acquaintance procrastinated.
I am able to feel my acquaintance's procrastination and let it go
I think I will continue to be consumed by my acquaintance's procrastination
I am having a hard time living with my acquaintance's procrastination

Relationship characteristics

Are you currently in a romantic relationship?

NO/YES

How long have you been in a romantic relationship with your romantic partner? (e.g., 2 months, 3 years, etc).

How long have you known this acquaintance? (e.g., 1 week, 2 months, etc)

Relationship satisfaction: The same scale as the one used in Study 1

Study 3

Self-compassion: The same scale as the one used in Studies 1 & 2

Self-esteem: The same scale as the one used in Studies 1 & 2

Describe a self-flaw: The same as the one used in Studies 1 & 2

Acceptance of own flaw: The same as the one used in Studies 1 & 2

Acceptance of partner's flaw

The following questions address how you would think and feel about your romantic partner's nominated flaw.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

I criticize my partner for having this flaw.

I tell my partner that he/she shouldn't be feeling the way that he/she is feeling about this flaw.

I don't believe my partner's flaw is abnormal or bad.

I make judgments about whether my partner's flaw is good or bad.

I tend to make judgments about how worthwhile or worthless my partner's flaw is.

I tell my partner that he/she shouldn't be thinking the way that he/she is thinking about this flaw.

I think my partner's flaw is bad or inappropriate and he/she shouldn't have it.

I disapprove of my partner because he/she have this flaw.

I am accepting of the fact that my partner have this flaw.

I am able to feel this flaw in my partner and let it go.

I think I will continue to be consumed by the fact that my partner have this flaw.

I am having a hard time living with my partner having this flaw.

Felt acceptance by the other person

The following questions address the extent to which you think that your romantic partner accepts your flaw.

1 (strongly disagree) 2 3 4 5 6 7 (strongly agree)

My partner criticizes me for having this flaw.

My partner tells me that I shouldn't be feeling the way I'm feeling about my flaw.

My partner doesn't believe my flaw is abnormal or bad.

My partner make judgments about whether my flaw is good or bad.

My partner tends to make judgments about how worthwhile or worthless my flaw is.

My partner tells me that I shouldn't be thinking the way I'm thinking about my flaw.

My partner thinks my flaw is bad or inappropriate and I shouldn't have it.

My partner disapproves of me because I have this flaw.

My partner is accepting of the fact that I have this flaw.

My partner is able to feel this flaw and let it go.
My partner continue to be consumed by my flaw.
My partner is having a hard time living with my flaw.

Relationship satisfaction: The same scale as the one used in Studies 1 & 2