Supplementary Information

Rational and irrational beliefs used in the two experimental conditions

|  |  |
| --- | --- |
| Irrational beliefs | Rational beliefs |
| I absolutely must not expose weaknesses in front of others (*DEM*). People are mean and hostile (*OD*). It is awful to expose weaknesses in front of people that could judge me (*AWF*). I couldn’t bear to be looked down on or to be rejected (*LFT*). If I am looked down on or rejected, that’s because I am an inadequate, worthless person (*SD*). | I would prefer not to expose weaknesses in front of others (PRE) and I would do what I can to avoid this, but I can accept if that happens. It is unpleasant, but not awful, to expose weaknesses in front of people that could judge me (BAD) and I could endure that happening (FT). Even if I show a weakness and other people judge me, I can accept that both myself and the others are fallible persons that have both strengths and weaknesses (non-GE). |