**MANIPULATION**

High Future Self-Continuity

Please bring to mind one important aspect of yourself (e.g., characteristics, beliefs, habits, or abilities). This aspect should represent who you are now (present self) *and* who you still will be in the future (future self). That is, the important aspect should be invariant or constant across your present and future selves. Please fill in the blank below to describe one important aspect of yourself that you believe characterizes you now *and* will still characterize you in the future.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and I still will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Low Future Self-Continuity

Please bring to mind one important aspect of yourself (e.g., characteristics, beliefs, habits, or abilities). This aspect should represent who you are now (present self) *but* who you no longer will be in the future (future self). That is, the important aspect should be dissimilar or different across your present and future selves. Please fill in the blank below to describe one important aspect of yourself that you believe characterizes you now *but* no longer will characterize you in the future.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, but I no longer will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Manipulation Check**

Please indicate the extent to which you agree or disagree with each of the statements below.

(1 = *strongly disagree*, 7 = *strongly agree*)

1. There is continuity in my life – from present to future.
2. I feel connected to my future self.
3. I feel connected to who I will be in the future.