group 1
group 2
group 3
group 4
group 5
group 6

1, 2, 3 = list 1
4, 5, 6= list 2

Encoding:

45 adjectives

15 Present (positive, negative, neutral)
15 Past (positive, negative, neutral)
15 Other (positive, negative, neutral)

	1-15	16-30	31-45
Gr1+4	Pres	Pas	Oth
Gr2+5	Oth	Pre	Pas
Gr3+6	Pas	Oth	Pres

Free Recall: The participants were asked to recall as many adjectives as possible from any of the conditions regardless of their sequence and to type them below each other

Manipulation Check: The same 30 adjectives were shown as in the encoding task for the present self and for the past self but the assignment of present and past was swapped. The average descriptiveness values for positive, neutral and negative adjectives for the present self in the encoding session and the past self in the control session served as control to ensure participant's ability to follow the instruction and to distinguish between present self and past self.

	1-15	16-30	31-45
Gr1+4	Pas	Pres	X
Gr2+5	X	Pas	Pres
Gr3+6	Pre	Pas	X

30 adjectives

15 Present (in Encoding: 15 past)

15 Past (in Encoding: 15 Present)

1) how many words did each participate remember?
2) To which conditions (Past, Present and Other) does each word belong?
3) To which subcondition (Negative, Positive and Neutral) does each word belong?
4) how many false recall?

questionnaire:

1) self-esteem, (Rosenberg's General Self-Esteem) Selbstwertgefühl
2) psychological well-being (Wohlbefinden (FPWB)
    Controllability of the environment, personal growth, meaning of life, autonomy, positive
    relationships with others as well as self-acceptance
3) self-acceptance