



King's Research Portal

DOI:

[10.1080/02699931.2017.1351331](https://doi.org/10.1080/02699931.2017.1351331)

Document Version

Peer reviewed version

[Link to publication record in King's Research Portal](#)

Citation for published version (APA):

van Tilburg, W. A. P., Wildschut, T., & Sedikides, C. (2017). Nostalgia's place among self-relevant emotions. *Cognition & emotion*, 1-18. Advance online publication. <https://doi.org/10.1080/02699931.2017.1351331>

Citing this paper

Please note that where the full-text provided on King's Research Portal is the Author Accepted Manuscript or Post-Print version this may differ from the final Published version. If citing, it is advised that you check and use the publisher's definitive version for pagination, volume/issue, and date of publication details. And where the final published version is provided on the Research Portal, if citing you are again advised to check the publisher's website for any subsequent corrections.

General rights

Copyright and moral rights for the publications made accessible in the Research Portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognize and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the Research Portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the Research Portal

Take down policy

If you believe that this document breaches copyright please contact librarypure@kcl.ac.uk providing details, and we will remove access to the work immediately and investigate your claim.

Nostalgia's Place among Self-Relevant Emotions

Wijnand A. P. van Tilburg

King's College London

Tim Wildschut and Constantine Sedikides

University of Southampton

**[This manuscript was accepted for publication
in *Cognition and Emotion*]**

Word count: 9,215

Wijnand Adriaan Pieter van Tilburg (corresponding author), Addison House Room 2.12, Department of Psychology, Guy's Campus, King's College London, London, SE1 1UL, United Kingdom; Wijnand.van_Tilburg@kcl.ac.uk; Tim Wildschut, Center for Research on Self and Identity, Psychology Department, University of Southampton, Southampton, SO17 1BJ, United Kingdom, R.T.Wildschut@soton.ac.uk; Constantine Sedikides, Center for Research on Self and Identity, Psychology Department, University of Southampton, Southampton, SO17 1BJ, United Kingdom, cs2@soton.ac.uk

All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards. Informed consent was obtained from all individual participants included in the study.

The authors declare that there are no potential conflicts of interest with respect to the research, authorship, and/or publication of this article. All authors consented to the submission of this manuscript.

Abstract

How is nostalgia positioned among self-relevant emotions? We tested, in six studies, which self-relevant emotions are perceived as most similar versus least similar to nostalgia, and what underlies these similarities/differences. We used multidimensional scaling to chart the perceived similarities/differences among self-relevant emotions, resulting in two-dimensional models. The results were revealing. Nostalgia is positioned among self-relevant emotions characterized by positive valence, an approach orientation, and low arousal. Nostalgia most resembles pride and self-compassion, and least resembles embarrassment and shame. Our research pioneered the integration of nostalgia among self-relevant emotions.

Keywords: nostalgia, self-relevant emotions, emotion, multidimensional scaling, affect

Nostalgia's Place among Self-Relevant Emotions

The New Oxford Dictionary of English (1998, p. 1266) defines nostalgia as “a sentimental longing or wistful affection for the past.” Nostalgic reverie often occurs in reference to momentous life events (e.g., graduation, anniversaries, holidays) that involve close others (e.g., family, friends, romantic partners; Batcho, 1995; Holak & Havlena, 1992; Wildschut, Sedikides, Arndt, & Routledge, 2006). Nostalgic recollections typically follow a redemptive sequence, in which the individual overcomes a challenge or emerges unscathed from an initially negative encounter (Abeyta, Routledge, Roylance, Wildschut, & Sedikides, 2015; Wildschut et al., 2006). Laypeople conceptualize nostalgia primarily in terms of positive features (e.g., fond memories, keepsakes, personal meaning) rather than negative features (e.g., sadness, anxiety, pain; Hepper, Ritchie, Sedikides, & Wildschut, 2012; see also Batcho, 2007), and nostalgizers report predominantly pleasant, but also partly unpleasant, affect (Sedikides & Wildschut, 2016a; Wildschut et al., 2006). Nostalgia is a universal emotion (Hepper et al., 2014) that is experienced across the life span (Hepper, Wildschut, Sedikides, Robertson, & Routledge, 2017).

So far, scholars have studied nostalgia in isolation of other self-relevant emotions. This lack of integration leaves several questions unanswered: How does nostalgia compare to other self-relevant emotions? Where is nostalgia located among these emotions in terms of dimensions such as valence and arousal? Which self-relevant emotions are most or least similar to nostalgia? For the first time, we attempt to integrate nostalgia among self-relevant emotions.

Self-Relevant Emotions

We argue that self-relevant emotions (relative to arguably basic emotions such as fear or anger; Ekman, 1980, 2006) involve complex cognitive and motivational processes that implicate directly the self or the self in social context. Specifically, we refer to self-relevant emotions as those that have several (but not all) of the following features: (a) self-awareness and self-evaluation, (b) relatively delayed childhood onset of the capacity to experience the emotion, (c) serving primarily social needs, (d) no discrete, universally recognizable facial expression, and (e) complex cognitive appraisals. When concurrently present, these five

features describe self-conscious emotions (Tracy & Robins, 2004a; see also Lewis, 2000; Tracy & Robins, 2007). Thus, self-relevant emotions represent a broader category than self-conscious emotions yet excludes basic emotions. We review these criteria next.

First, self-relevant emotions feature self-awareness and self-evaluation. That is, they are “uniquely influenced, and in some cases dramatically shifted, by the involvement of self-processes, such as self-reflection and self-evaluation” (Tangney & Tracy, 2011, p. 446; Tracy & Robins, 2004a). Second, people’s ability to experience self-relevant emotions develops later in childhood compared to the ability to experience basic emotions (e.g., anger, fear), perhaps because self-relevant emotions “require the capacity for self-awareness and the formation of stable self-representations” (Tracy & Robins, 2004a, p. 106), which develop after approximately 18 months of age (Kochanska, Gross, Lin, & Nichols, 2002). Third, self-relevant emotions are primarily in the service of social needs. Whereas basic emotions “serve survival and social functions” (Tracy & Robins, 2004a, p. 106), self-relevant emotions serve social goals in particular, and benefit survival only indirectly. Fourth, self-relevant emotions lack “discrete, universally recognized facial expressions” (Tracy & Robins, 2004a, p. 107). Although some self-relevant emotions have characteristic bodily expressions, their recognition may require more than just facial expression features, such as posture in the case of pride (Tracy & Robins, 2004b). Fifth and final, self-relevant emotions may necessitate complex cognitive appraisals. As opposed to basic emotions, which require few higher-level cognitive capacities, self-relevant emotions involve advanced cognitive processes such as self-representations, perspective taking, and abstract goals (Tracy & Robins, 2004a).

In the current investigation, we included, besides nostalgia, 10 self-relevant emotions: pride, guilt, embarrassment, shame, self-compassion, gratitude, inspiration, hurt, feelings, passion, and unrequited love. Each of these self-relevant emotions received a large increase in scholarly attention over the past decade, according to Science Direct (<http://www.sciencedirect.com>), a criterion that guided our selection. Specifically, the amount of publications per year on these emotions approximately doubled (e.g., embarrassment, inspiration), tripled (e.g., shame, hurt feelings), or even quadrupled (e.g., self-compassion, nostalgia) over this 10-year (2005-2015) period, attesting to their growing relevance in

psychological science. The exception to these exponential trends was unrequited love. We nonetheless included this emotion, because both unrequited love and nostalgia involve cherished social relationships that may have ended, either due to lack of reciprocity (unrequited love; Baumeister, Wotman, & Stillwell, 1993) or passage of time (nostalgia; Wildschut et al., 2006). Thus, comparing nostalgia to unrequited love could offer insights not afforded by comparing nostalgia to the other self-relevant emotions.

As we mentioned above, the group of self-relevant emotions that meets all five criteria is typically referred to as self-conscious emotions (Tracy & Robins, 2004a). Established self-conscious emotions are pride, guilt, embarrassment, and shame. Pride involves “complex self-evaluative processes” (Tracy & Robins, 2007, p. 147) and features a sense of satisfaction derived from one’s own achievements (Tracy & Robins, 2004b). Guilt “involves the negative evaluation of specific transgressions—often ones involving harm to others—and a concern for their rectification” (Pinter et al., 2007, p. 254), as when people have harmed someone or failed to fulfill an obligation (De Hooge, Zeelenberg, & Breugelmans, 2007). Guilt subsequently motivates interpersonal restorative action (Tangney, 1995). Embarrassment is triggered by social faux pas or being the focus of public scrutiny (Tangney, Miller, Flicker, & Barlow, 1996), and is a “product of a continual social monitoring of the self” (Keltner & Buswell, 1997, p. 260). Shame is “an affective reaction that follows public exposure (and disapproval) of some impropriety or shortcoming” (Tangney et al., 1996, p. 1256). Shame is thus associated with exposed inadequacy or internalized failure, and it often motivates attempts to withdraw from social interaction (Giner-Sorolla, Kamau, & Castano, 2010; Tangney & Dearing, 2002).

Other self-relevant emotions are self-compassion, gratitude, inspiration, hurt feelings, passion, and unrequited love. These emotions satisfy one or more, but perhaps not all, of the five criteria described above. Self-compassion involves “being touched by and open to one’s own suffering” (Neff, 2003, p. 87). It fosters kindness and understanding towards the self, which in turn promote psychological health. People feel gratitude when they acknowledge that they gained a positive outcome by virtue of an external cause (Emmons & McCullough, 2003). Gratitude “prototypically [...] stems from the perception of a positive personal

outcome [...], that is due to the actions of another person” (Emmons & McCullough, p. 377), and is accompanied by a focus on one’s blessings. Inspiration is an emotion experienced as being triggered by something beyond the self. Inspired individuals report that they are “moved by the truth, ingenuity, goodness, beauty, or superiority of the trigger object and are motivated to transmit, actualize, or emulate those transcendent qualities” (Thrash & Elliot, 2003, p. 873), and that they are prone to parting with the mundane and gaining an awareness of better possibilities or ideas (Thrash & Elliot, 2004). Inspiration motivates goal pursuit or behavior. Hurt feelings involve “the perception that another individual does not regard his or her relationship with the person to be as important, close, or valuable as the person desires” (Leary, Springer, Negel, Ansell, & Evans, 1998, p. 1225). Passion is “a strong inclination toward an activity that people like, that they find important, and in which they invest time and energy” (Vallerand et al., 2003, p. 756). Finally, unrequited love involves a “distressing experience marked by mutual incomprehension and emotional interdependence” (Baumeister et al., 1993, p. 377).

Nostalgia as Self-Relevant Emotion

Nostalgia is also a self-relevant emotion. Nostalgia entails self-awareness and self-evaluation (a) as well as complex appraisals (e). In particular, nostalgia pertains to meaningful events about one’s personal past (Juhl et al., 2010; Wildschut et al., 2006). Characteristically, nostalgic narratives depict the self as protagonist, although typically surrounded by close others (Sedikides, Wildschut, & Baden, 2004; Wildschut et al., 2006). Nostalgia boosts positive self-evaluation. For example, nostalgizing increases the cognitive accessibility of positive self-attributes (Vess, Arndt, Routledge, Sedikides, & Wildschut, 2012, Experiment 2) and augments self-esteem (Hepper et al., 2012, Study 6; Reid, Green, Wildschut, & Sedikides, 2015; Wildschut et al., 2006, Studies 5-6). Additionally, nostalgia serves social needs (c). Nostalgic narratives are rich in social themes (Abeyta et al., 2014; Holak & Havlena, 1992; Wildschut et al., 2006, Studies 1-2). Furthermore, nostalgic (relative to ordinary autobiographical) engagement increases social connectedness (Hepper et al., 2012, Study 7; Reid et al., 2015; Turner, Wildschut, & Sedikides, 2012, Experiments 1-2; Wildschut et al., 2006, Studies 5-6; Zhou, Wildschut, Sedikides, Shi, & Feng, 2012, Study 2),

promotes socially oriented action tendencies (Lasaleta, Sedikides, & Vohs, 2014; Turner et al., Experiment 1; Wildschut et al., Study 7; Zhou et al., Studies 1-4), and elicits prosocial behavior (Stephan et al., 2014, Study 4; Zhou et al., Study 5).

Taken together, nostalgia is a self-relevant emotion. However, little is known about how it compares to other self-relevant emotions. For example, the finding that nostalgic events feature the self in a positive light (Vess et al., 2012; Reid et al., 2015) suggests that nostalgia shares similarities with pride and self-compassion, whereas it may differ from shame and guilt, which involve self-reproach (Giner-Sorolla et al., 2010). The finding that nostalgia fosters creativity (Van Tilburg, Sedikides, & Wildschut, 2015) may suggest that it shares features with inspiration. Further, nostalgia can involve loss and yearning, suggesting similarities with unrequited love and passion. As of yet, such similarities and differences have not been studied. We aimed to redress this imbalance by launching an examination of the unique and shared characteristics of nostalgia in relation to other self-relevant emotions. Our secondary objective was to clarify the relative positioning of the other self-relevant emotions.

Positioning Nostalgia via Multidimensional Representations

In seeking to identify the place of nostalgia among self-relevant emotions, we wondered which of these emotions are perceived and experienced as most (dis)similar to nostalgia, and how these similarities/differences correspond to the emotions' characteristics (e.g., valence, arousal). We addressed these issues by locating the position of nostalgia and other emotions in a multidimensional model, a common approach in emotion research (Ellsworth & Scherer, 2003; Russell, Lewicka, & Nitt, 1989; Van Tilburg & Igou, 2017).

A frequently used multidimensional representation of emotions is the circumplex model of affect (Russell, 1980), which posits that discrete affective experiences, including emotions, can be arranged along the circumference of a circle characterized by two orthogonal dimensions: "pleasure-displeasure" (p. 1163; i.e., valence) and "arousal-sleep" (p. 1163; i.e., arousal). This circumplex structure has been replicated cross-culturally (Russell, Lewicka, & Nitt, 1989), emerges in the context of neurological profiles of emotions (Posner, Russell, & Peterson, 2008), and can be used to position spatially emotions based on their

expressions (Russell & Bullock, 1985). The circumplex model, however, does not exhaust all possible dimensional structures. Smith and Ellsworth's (1985) cognitive appraisal model of emotions distinguishes among six orthogonal dimensions: valence (specifically, pleasantness), anticipated effort, certainty, attentional activity, self-other responsibility/control, and situational control. In an investigation of three languages, Fontaine, Scherer, Roesch, and Ellsworth (2007) reported that, besides valence and arousal, the dimensions of potency-control and unpredictability were required to model accurately the differences among specific emotions.

This literature, however, has focused on emotions or affect in general rather than on a specific family of emotions, such as self-relevant emotions. Whether the models proposed by Russell (1980), Smith and Ellsworth (1985), or Fontaine et al. (2007) capture the dimensionality of specific emotion families is an unanswered question. Although a dimension such as valence or arousal may be informative at the level of emotions in general, additional or different explanatory dimensions may be needed when distinguishing within subgroups of emotions. Consistent with this argument, Gray and Wegner (2011) reported that moral emotions (e.g., anger, disgust, sympathy) can be placed in two-dimensional space characterized by valence and moral type—a dimension unique to this particular group of emotions.

It is yet to be determined whether similarities/differences among self-relevant emotions can be represented within the two-dimensional circumplex model of affect (Russell, 1980) or if a more complex representation of dimensions is required (Fontaine et al., 2007; Smith & Ellsworth, 1985). Thus, in an effort to locate nostalgia among self-relevant emotions, we first developed multidimensional representations of these emotions.

General Approach

We attempted to identify the position of nostalgia relative to other self-relevant emotions. We tested, in six studies, which of these emotions were perceived and experienced as most (dis)similar to nostalgia, and how these similarities/differences corresponded to the emotions' characteristics. Hence, we developed multidimensional representations of nostalgia and the other emotions in two initial steps, which we outline below.

Step 1: The Dimensional Configuration of Similarities/Differences among the Self-Relevant Emotions

As a first step, we examined how perceived and experienced similarities/differences among self-relevant emotions can be represented in terms of dimensional structures. In our first four studies (Studies 1-4), participants compared emotions to each other. In these studies, we instructed participants to rate the degree to which pairs of emotions (e.g., nostalgia and guilt, nostalgia and shame, shame and guilt) were similar to each other. We did not specify which criteria participants should use to make these assessments.¹ In our final study (Study 5), we used correlations to index emotion similarity. In this study, participants rated their actual felt emotions in response to recalled events. The resultant correlations between emotions indicated their (experiential) similarity (Jaworska et al., 2009; Van Tilburg & Igou, 2017).

In each study, we analyzed the similarities/differences between emotions to develop dimensional models, using multidimensional scaling (MDS) analyses (Kruskal & Wish, 1978; Shepard, 1980). MDS is a statistical method that creates a visual representation of the similarities/differences between objects or constructs, such as emotions. Constructs that differ are placed far apart; constructs that are similar are placed close together. These similarities/differences among emotions can be measured in different ways, such as self-report ratings (Study 1-4) or correlation coefficients (Study 5). The resultant multidimensional model can have as many dimensions as the number of constructs being compared minus 1, or as few as a single dimension. Models with many dimensions fit the observed data better, at the cost of parsimony; models with few dimensions are more parsimonious, at the cost of model fit (Jaworska & Chupetlovska-Anastasova, 2009; Maher, Van Tilburg, & Igou, 2017). MDS has been successfully used in various areas, including values (Schwartz, 1994), emotion (Van Tilburg & Igou, 2017), and politics (Kruskal & Wish,

¹Although the methods and procedures were identical across Studies 1-4, we treated them as separate studies for several reasons. One is expositional clarity. Another is methodological: We collected these data across different student cohorts, with a significant passage of time between collections (approximately 1 year in each case). The third reason is statistical: This practice also allowed us to assess the consistency and stability of our models across samples.

1978). We thus sought to gain insight into the similarities/differences among self-relevant emotions without imposing a preconceived model (Rusbult & Zembrodt, 1983).

Step 2: Labels for the Derived Dimensions

In a second step, we tested what labels can be assigned to the derived dimensions of the multidimensional representation. After identifying the dimensional structure of similarities/differences among self-relevant emotions using MDS, we determined suitable labels for the derived dimensions. In Study 6, psychology graduate students familiar with emotion research evaluated the emotions on five attributes (valence, arousal, activation, approach/avoidance, relevance to morality). We then mapped these emotion evaluations onto the dimensional structure identified in Studies 1-5 to discern empirically the primary criteria that characterized the similarities/differences between the self-relevant emotions (Anderson & Sedikides, 1991; Rusbult, Onizuka, & Lipkus, 1993; Rusbult & Zembrodt, 1983).

Key Objective: Evaluating the Position of Nostalgia among Self-Relevant Emotions

Establishing the dimensional structure of self-relevant emotions and identifying suitable labels for the derived dimensions set the stage for addressing our main question: What is the position of nostalgia within the resultant configurations (Studies 1-6)? Specifically, which of the emotions are most (dis)similar to nostalgia, and how do these similarities/differences correspond to the labels that characterize the emotion models? The relative positioning (i.e., in comparison to other emotions) of nostalgia on the dimension labels is still unknown. The literature portrays nostalgia as overall pleasant but tinged with sadness (Hepper et al., 2012), suggesting that its valence is more positive than negative. Research by Stephan and colleagues (2014) casts nostalgia as an approach-oriented emotion, indicating that it could be perceived as more approach- than avoidance-oriented. Gabriel (1993) proposed that “the emotional tone of nostalgia is not a loud one, but a contemplative, quiet one” (p. 123), suggesting that nostalgia entails low rather than high arousal/activation. Finally, nostalgia is linked to empathy (Cheung, Sedikides, & Wildschut, 2017; Zhou et al., 2012) and, to the extent that empathy is a hallmark of moral development (Eisenberg, 2000), may therefore be viewed as relevant to morality.

Method of Studies 1-6

Step 1: The Dimensional Configuration of Similarities/Differences among the Self-Relevant Emotions

In Studies 1-5, we examined the similarities/differences among various self-relevant emotions. For Studies 1-4, each sample consisted of psychology undergraduate students drawn from a separate student cohort (i.e., in different years). Studies 1-4 involved, respectively, 52 participants ($M_{\text{age}} = 20.77$, $SD = 1.22$; 41 women, 11 men), 38 participants ($M_{\text{age}} = 21.16$, $SD = 0.68$; 31 women, 7 men), 43 participants ($M_{\text{age}} = 21.89$, $SD = 2.78$; 36 women, 6 men, 1 undeclared), and 36 participants ($M_{\text{age}} = 21.29$, $SD = 2.18$; 29 women, 7 men). The study protocols were the same for these four studies. In Studies 1-4, participants rated the similarity (vs. difference) of 11 self-relevant emotions (nostalgia, pride, guilt, embarrassment, shame, gratitude, inspiration, hurt feelings, passion, unrequited love). Specifically, they indicated the degree of similarity (vs. difference) for each of the 55 unique emotions pairs (1 = *very different*, 10 = *very similar*). The ratings resulted in an observed ‘similarity matrix’ for each participant (Appendix).

In Study 5, we assessed experienced emotions. In this online study, 52 MTurk participants (www.MTurk.com; $M_{\text{age}} = 34.00$, $SD = 11.28$; 26 women, 26 men) retrieved four events from memory. Instructions read:

We ask you to remember four different experiences from your past. These different memories should reflect the full range of experiences that one can have in life. Bring these important memories to mind. Immerse yourself in each memory. In a moment, we will ask you to describe each experience. Before doing so, please give a title (or name) to each one of these four memories.

Participants listed experiences ranging from positive events such as “marriage,” “winning county tennis championship,” and “buying a house,” to unpleasant events such as “fired from job,” “uncle’s death,” and “being bit [by] my dog.” After providing a name for each experience, we asked participants to describe the experiences in detail. Instructions read: “Using the space provided below, for the next few minutes, we would like you to write about

the first [second/third/fourth] experience. Immerse yourself into the experience. Describe the experience and how it makes you feel.”).

Next, participants rated the intensity of the 11 emotions (e.g., “With this event in mind, I experience nostalgia;” 1 = *not at all*, 10 = *very much*).² This process resulted in four correlation matrices (one for each event) indicating how strongly the emotions intercorrelated. The emotion comparison matrices from Studies 1-4 and the correlation matrices from Study 5 then served to identify underlying dimensions that clarified the perceived or experienced similarities/differences among the 11 self-relevant emotions, using MDS (Jaworska et al., 2009; Van Tilburg & Igou, 2017).

Step 2: Labels for the Derived Dimensions

In Study 6, we instructed participants to rate the emotions on several attributes. Participants were 20 psychology graduate students familiar with emotion research (16 women, 4 men; $M_{\text{age}} = 24.50$, $SD = 5.25$). Thus, the raters possessed a considerable level of expertise. They rated the emotions on five attributes. Valence and arousal are common and often primary dimensions in models of emotions (Ellsworth & Scherer, 2003; Fontaine et al., 2007; Russell, 1980; Smith & Ellsworth, 1985). We therefore instructed participants to evaluate the valence (1 = *extremely negative*, 10 = *extremely positive*) and arousal (1 = *extremely low*, 10 = *extremely high*) of the emotions.³ We included ‘activation’ as an alternative label, because we anticipated that this term might better map onto participants’ lay understanding of the psychological construct arousal. Participants therefore also evaluated perceived activation (1 = *extremely inactivated*, 10 = *extremely activated*). Motivational

²For Study 5, the events elicited the full range (1-10) of intensities for all emotions. The average intensities, in declining order, were: gratitude ($M = 6.47$, $SD = 3.28$), nostalgia ($M = 6.38$, $SD = 3.06$), inspiration, ($M = 6.38$, $SD = 3.27$), pride ($M = 6.29$, $SD = 3.32$), passion ($M = 6.22$, $SD = 3.18$), self-compassion, ($M = 6.05$, $SD = 2.93$), unrequited love ($M = 4.22$, $SD = 3.53$), hurt feelings, ($M = 3.10$, $SD = 3.02$), embarrassment, ($M = 2.85$, $SD = 2.57$), guilt, ($M = 2.59$, $SD = 2.55$), and shame, ($M = 2.42$, $SD = 2.43$).

³In a separate study, 50 MTurk participants (28 women, 22 men; $M_{\text{age}} = 37.02$, $SD = 12.51$) evaluated positive and negative valence separately (1 = *not at all positive*, 10 = *extremely positive*; 1 = *not at all negative*, 10 = *extremely negative*). This allowed us to explore their potential independence (Russell & Carroll, 1999). Positive and negative valence were highly and negatively correlated, $r = -.988$, indicating that it is appropriate, in the present context, to treat valence as a uni-dimensional attribute.

perspectives propose that emotions can be differentiated in terms of their relation to avoidance of undesirable outcomes versus approach of desirable outcomes (Frijda, Kuipers, & Ter Schure, 1989). Furthermore, recent findings suggest that nostalgia relates to behavioral approach (Stephan et al., 2014). Accordingly, participants evaluated the emotions on approach/avoidance (1 = *extremely avoidance oriented*, 10 = *extremely approach oriented*). Finally, some of the self-relevant emotions that we examined related to moral judgment or behavior (e.g., shame, guilt; Haidt, 2003). Accordingly, a multidimensional representation might reveal a distinction between emotions that are relevant to morality and those that are not. To account for this possibility, participants also evaluated how relevant the emotions were to morality (1 = *not at all associated with morality*, 10 = *very strongly associated with morality*).

Prior to rating the emotions on these attributes, participants received a very brief description of each attribute to facilitate comprehension. The description for valence read: “Some emotions are associated with negative feelings, whereas other emotions are associated with positive feelings.” For arousal, this description: “Some emotions are associated with high levels of arousal (i.e., these emotions are very intense and make one feel alert), whereas other emotions are associated with low levels of arousal.” The activation description read: “Some emotions are associated with feeling inactive, whereas other emotions are associated with feeling very active.” For approach/avoidance, participants read the description: “Some emotions are associated with avoiding undesirable outcomes (or trying to), whereas other emotions are associated with approaching desired outcomes (or trying to).” For relevance to morality, the description read: “Some emotions are associated with morality (i.e., these emotions relate to the question of what makes a good or bad person), whereas other emotions are not associated with morality.”⁴

⁴The non-expert participants in Study 4 also completed these attribute ratings (after comparing the emotions). Their ratings closely resembled the reported ratings by Study 6 experts and are available upon request.

Key Objective: Evaluating the Position of Nostalgia among Self-Relevant Emotions

We determined nostalgia's place within the family of self-relevant emotions by harnessing the results of all six studies. We adopted three approaches. First, we characterized nostalgia by considering its distances to the other self-relevant emotions within the dimensional configurations identified in Studies 1-5. These comparisons addressed the issue of which emotions are perceived as similar (vs. different) to nostalgia (Studies 1-4) or how much their experiences coincided (Study 5). Second, we interpreted nostalgia's position within the dimensional configurations after identifying what labels corresponded to the derived dimensions (Study 6). Third, we charted the specific differences between nostalgia and each of the other emotions in terms of the labeled dimensions. By so doing, we aimed to paint a detailed picture of nostalgia relative to specific other self-relevant emotions.

Results**Step 1: The Dimensional Configuration of Similarities/Differences among the Self-Relevant Emotions**

To uncover the dimensional structure of similarities/differences among the self-relevant emotions, we conducted replicated MDS analyses on the similarity matrices separately for Studies 1-5.⁵

In an initial set of analyses, we estimated models ranging from 1 to 10 dimensions. The plots in Figure 1 show the stress, or 'badness of fit' (Rusbult & Zembrodt, 1983), for each of these models. In each study, a two-dimensional model yielded stress below 0.10, with values of .087, .086, .087, .086, and .019, respectively. This indicates that two-dimensional models yielded faithful yet parsimonious descriptions of the data (Jaworska & Chupetlovska-Anastasova, 2009; Kruskal & Wish, 1978).⁶ The two-dimensional models that were fitted to

⁵Replicated MDS analysis permits the simultaneous analysis of multiple matrices, which suited our data structure. Each participant in Study 1-4 contributed a similarity/dissimilarity matrix; in Study 5, each event produced such a matrix.

⁶For Study 5, a unidimensional model also fitted adequately (*Stress* = .035). We adopted the two-dimensional model, however, because *Stress* approximately halved by adding this second dimension. Furthermore, adopting the slightly more complex two-dimensional model allowed us to draw comparisons between the models from Studies 1-4 and Study 5, enriching understanding of the self-relevant emotions. We consider the secondary dimension in the General Discussion.

the data of Studies 1-5 provide geometrical representations of the similarities/differences among self-relevant emotions. We tested next whether the two dimensions were congruent across the studies by correlating the coordinates of the emotions on a given dimension with their coordinates on that same dimension in another study (Table 1). For Studies 1-4, these correlations between corresponding dimensions ranged from $r = .88$ to $r = .99$, indicating that the relative positions of self-relevant emotions across those four studies were highly consistent. The first dimension of Study 5 corresponded strongly with Dimension 1 of the other studies, $r = -.87$, to $r = -.94$ (thus essentially mirrored). Dimension 2 of the Study 5 model, on the other hand, corresponded only moderately with the second dimension of the other studies, $r = -.38$ to $r = -.56$ (also mirrored). Thus, whereas the positioning of emotions was consistent across Studies 1-4, Study 5 yielded somewhat different Dimension 2 positions. Accordingly, we averaged the position of each self-relevant emotion by computing their average positions on Dimension 1 and 2 for Studies 1-4 (Figure 2, upper panel); the reliabilities of these averages were excellent for both dimensions ($\alpha_1 = .98$, $\alpha_2 = .99$). Given that the Study 5 model yielded somewhat different Dimension 2 positions, we considered it separately (Figure 2, lower panel).

Step 2: Labels for the Derived Dimensions

We next mapped the attributes assessed in Study 6 onto the aggregated two-dimensional model emerging from Studies 1-4 and that of Study 5 (Sedikides & Anderson, 1994). For each emotion, we first computed an average score across participants on the evaluated attributes. The corresponding reliability coefficients, reflecting whether different participants evaluated the emotions similarly on a given attribute, were adequate ($.90 > \alpha > .99$).

We conducted a series of regression analyses to relate the attribute scores of Study 6 to the average self-relevant emotion coordinates of the two-dimensional aggregate model of Studies 1-4 and that of Study 5 (Rusbult et al., 1993). In these analyses, the average emotion coordinates on Dimension 1 and 2 served as predictors, whereas the attribute ratings served as criterion variables (Table 2). The explained variances (R^2) indicate how well the attributes fit (i.e., describe) the two-dimensional models. The standardized coefficients associated with

the emotion coordinates on Dimension 1 and 2 are direction cosines that describe the orientation of attribute vectors within the two-dimensional space (Rusbult et al., 1993). Accordingly, they reflect how the attributes are best superimposed on the two-dimensional model. The resultant standardized regression coefficients revealed high consistency across the aggregated Studies 1-4 model and the Study 5 model. Coefficients for a given attribute did not differ between studies by more than $\beta = 0.30$. The exception to this was activation, which displayed some inconsistency (Figure 3-4). Three of the four attributes with consistent orientations across the studies (similar β s) also yielded consistently large explained variances: valence, $R^2 \geq .832$, approach/avoidance, $R^2 \geq .800$, and relevance to morality, $R^2 \geq .683$. The fourth attribute with consistent orientation, arousal, explained a relatively large amount of variance in the aggregate model of Studies 1-4, $R^2 = .455$, but less so in the model of Study 5, $R^2 = .204$.

The main horizontal axis of the two-dimensional models was strongly characterized by valence and approach/avoidance. Emotions scoring low on Dimension 1 (shame, embarrassment, guilt, hurt feelings, unrequited love) were associated with negative valence, whereas those scoring high on this dimension (inspiration, pride, self-compassion, gratitude, passion, and nostalgia) were associated with positive valence. Likewise, emotions scoring high on Dimension 1 were associated with approach of valued outcomes, whereas those scoring low on this dimension were associated with avoidance of negative outcomes.

Arousal characterized the vertical axis, Dimension 2, of the aggregated model of Studies 1-4. Emotions scoring low on Dimension 2 (unrequited love, passion, inspiration, hurt feelings, embarrassment) were associated with high arousal, whereas those scoring high on this dimension (gratitude, self-compassion, guilt, nostalgia, shame, pride) were associated with low arousal. In this model, arousal was oriented orthogonally to valence and approach/avoidance, indicating that participants perceived arousal to be independent of valence or approach/avoidance. Interestingly, arousal did not characterize Dimension 2 of the Study 5 model equally well. We further consider this particular finding for arousal in the General Discussion.

Finally, relevance to morality was oriented at a diagonal angle through the two-dimensional space. Emotions located towards the upper left quadrant of the aggregated Studies 1-4 model or towards the lower left quadrant of the Study 5 model (guilt, shame, embarrassment, hurt feelings, gratitude, self-compassion), were seen as more strongly associated with morality than those located opposite (inspiration, pride, passion, nostalgia, unrequited love), a pattern broadly consistent with literature on moral emotions (Haidt, 2003).

Key Objective: Evaluating the Position of Nostalgia among Self-Relevant Emotions

Among the self-relevant emotions, nostalgia occupied a position characterized by positive valence, in line with a host of nostalgia research (Hepper et al., 2012; Sedikides et al., 2015; Sedikides & Wildschut, 2016b). Furthermore, nostalgia featured a mild approach orientation, which aligns with findings that experimentally induced nostalgia triggers approach motivation (Abeyta, Routledge, & Juhl, 2015; Stephan et al., 2014, 2015). Nostalgia also featured comparatively low arousal, consistent with Gabriel's (1993) speculation that the emotional tone of nostalgia is quiet rather than loud. Finally, participants perceived it as having little relevance to morality.

Euclidean distances. We inspected the similarities/differences between nostalgia and the other self-relevant emotions (Figure 2). First, we calculated the Euclidian distances between nostalgia and the other emotions (based on aggregate positions across the Studies 1-4 model and, separately, the Study 5 model). These Euclidean distances are equal to the length of a straight line that connects two emotions. The Euclidean distances (Figure 5) portrayed nostalgia as most similar (i.e., close) to self-compassion and pride. Nostalgia was most dissimilar (i.e., distant) to shame and embarrassment. In all, nostalgia shared closer resemblance to positive than negative self-relevant emotions, and these results were remarkably similar for the aggregated model of Studies 1-4 (which dealt with perceived similarities) and the model of Study 5 (which dealt with actual experiences). These findings are consistent with prior evidence that nostalgia is a predominantly (albeit not exclusively) positive emotion (Barrett et al., 2010; Sedikides & Wildschut, 2016a; Wildschut et al., 2006) or “a joy tinged with sadness” (Werman, 1977, p. 393).

The comparative profile of nostalgia. We next examined nostalgia's position in detail. In particular, the descriptive attributes can help to clarify what characterizes the differences between nostalgia and each of the other emotions. For example, the different positions occupied by nostalgia and embarrassment in the two-dimensional models corresponded to relatively high versus low valence in Figures 3-4. Stated otherwise, the difference between these two self-relevant emotions resides partially in their distinct levels of valence. Accordingly, we characterized the differences between nostalgia and the other self-relevant emotions in terms of each of the descriptive attributes.

Figures 6-7 display the magnitude of differences between nostalgia and the other self-relevant emotions along valence, approach/avoidance, arousal, and relevance to morality. Valence and approach/avoidance characterized the differences between nostalgia and most of the other self-relevant emotions particularly well: nostalgia was seen and experienced as more positive and approach-oriented than guilt, shame, embarrassment, or hurt feelings. Yet, nostalgia was less positive and approach-oriented than inspiration. In the aggregated model based on emotion comparisons (Studies 1-4), participants perceived nostalgia as higher in arousal than self-compassion and guilt, but lower than embarrassment, passion, and inspiration. For the model of experienced emotions (Study 5), arousal was less useful in characterizing differences between nostalgia and other emotions. Finally, participants considered nostalgia less relevant to morality than guilt, shame, and embarrassment, but more relevant to morality than pride and inspiration.

General Discussion

We were concerned with nostalgia's place among self-relevant emotions. In particular, we sought to identify which of these emotions resemble nostalgia most or least, and why they do so. To this end, we examined the dimensional configuration underlying perceived and experienced similarities/differences among self-relevant emotions (Step 1), interpreted the derived dimensions (Step 2), and inspected the relative location of nostalgia (key objective).

In Studies 1-4, participants rated the similarities of 55 unique emotions pairs, based on combinations of 11 self-relevant emotions. In Study 5, participants retrieved and described

emotional events and evaluated how this made them feel. Based on the emotion comparison ratings of Studies 1-4 and the emotion correlations of Study 5, we found that two-dimensional models provided appropriate (i.e., accurate and parsimonious) representations for the self-relevant emotions. The corresponding emotion coordinates that these models produced were consistent across studies, suggesting that, besides convergence in number of dimensions, the dimensions were also similar. The exception was Dimension 2 of Study 5, which only moderately corresponded to the same dimension in the Studies 1-4. To prevent oversimplification, we therefore separated Study 5 from Studies 1-4 in subsequent analyses.

We next labeled the dimensions of the emotion models in an attempt to facilitate our understanding of what psychological variables correspond to differences between the emotions in general and between nostalgia and the other emotions in particular. In Study 6, participants evaluated the emotions on several attributes. We then tested whether these attributes corresponded to differences between the emotions in the two-dimensional model. The horizontal dimension represented valence and approach/avoidance. The vertical dimension of the aggregated model of Studies 1-4 represented arousal. In Study 5, however, arousal did not characterize the vertical dimension as clearly. Using these dimension labels, we could then characterize nostalgia's position, and how this position differed from the other self-relevant emotions.

Nostalgia was closest to self-compassion and pride, and farthest from shame and embarrassment. This was the case whether examining participants' explicit emotion comparisons (Studies 1-4) or the correlations between experienced emotions (Study 5). Also, nostalgia featured comparatively low arousal and was perceived as having little relevance to morality. Here, we obtained first evidence that individuals perceive nostalgia as relatively low on arousal. Finally, nostalgia occupied a position relatively high in valence and approach orientation. Note that experimental findings also paint nostalgia as more positive than negative (Hepper et al., 2012; Sedikides et al., 2017; Wildschut et al., 2006) and as approach oriented (Abeyta, Routledge, & Juhl, 2015; Stephan et al., 2014; Van Tilburg et al., 2015).

The two-dimensional configuration of self-relevant emotions based on Studies 1-4 shows a striking resemblance to circumplex models of emotions (Russell, 1980). We found

that this two-dimensional space could be described in terms of valence and arousal as two virtually orthogonal dimensions. Uncovering this Valence \times Arousal dimensional structure in the context of perceived self-relevant emotions suggests that these fundamental dimensions transcend differences between separate emotion families (i.e., basic emotions, self-conscious emotions, moral emotions). Valence and arousal dimensions emerged in many emotion research traditions, including cognitive appraisal theories (Smith & Ellsworth, 1985), neuroscientific models of emotions (Posner et al., 2008), and emotion expression research (Russell & Bullock, 1985).

Although valence also characterized the primary dimension of the experienced emotions in Study 5, arousal did not characterize the secondary dimension. The finding that valence characterized Dimension 1 indicates that people who experience a positive (negative) emotion are more likely to simultaneously experience other positive (negative) emotions. However, whereas experienced emotions seem to ‘cluster together’ based on their valence, this was not the case for arousal. We suspect that arousal did not characterize Dimension 2 in Study 5, because this study focused on experienced emotions. That is, whereas individuals may readily recognize similarities/differences among emotions in terms of arousal, the experience of a given high-arousal emotion does not necessarily entail concurrent experience of other high-arousal emotions. In addition to this, the divergent findings for arousal might have resulted from the different samples we used. Studies 1-4 relied on relatively young students residing in the UK; Study 5 consisted of a comparatively older and mixed sample residing in the USA.

Of the five attributes that we examined (valence, arousal, activation, approach/avoidance, relevance to morality), activation did not describe the dimensional models in a consistent way. Perhaps the activation associated with emotions is better measured using other methods than self-report, such as physiological assessment (Bradley Miccoli, Escrig, & Lang, 2008). Alternatively, the description of activation we gave participants (“Some emotions are associated with feeling inactive, whereas other emotions are associated with feeling very active”) may have insufficiently reflected physiological activation or may have been difficult to decipher.

By establishing the dimensionality of self-relevant emotions, identifying the meaning of these dimensions, and understanding nostalgia's relative position within the configurations, our research provides a framework for further investigations into self-relevant emotions, the dimensional structure of affect, and nostalgia in particular. Our findings offer a range of novel and testable hypotheses. For example, gratitude is high on relevance to morality, consistent with the idea that gratitude is a moral affective state (McCullough, Kilpatrick, Emmons, & Larson, 2001), and may consequently bolster people's appraisal of events in terms of their moral ramifications. As another example, shame, relative to nostalgia, is avoidance oriented. Hence, shame likely prompts stronger withdrawal behavior than nostalgia. Moreover, the findings suggest that pride and self-compassion may serve as stringent comparison standards in experimental research geared toward isolating the unique psychological outcomes of nostalgic reverie.

Our findings indicate that nostalgia may elicit other positive emotions. Study 5 revealed concurrence of nostalgia with pride, gratitude, and inspiration. Indeed, recent work by Stephan and colleagues (2015) indicates that nostalgia evokes inspiration. Nostalgia builds self-esteem (Wildschut et al., 2006), and it may do by increasing pride over past achievement (Leary, Tambor, Terdal, & Downs, 1995; Mahadevan, Gregg, Sedikides, & de Waal-Andrews, 2016). More generally, our findings suggest that nostalgia may frequently be accompanied by other positive and approach oriented emotions. Conversely, pondering past occasions that feature pride, gratitude, and inspiration may elicit nostalgia.

In Study 5, we examined experienced emotions. The emotions were induced using an event recall procedure; participants retrieved and described past experiences, which in turn elicited emotions. Future research could examine such experienced emotions in different contexts than recalled events. For example, it would be interesting to assess co-occurrence of emotions in everyday life via a diary study method. Besides revealing emotions co-occurrence per se, this practice could provide further insight into the frequency of co-occurrence and its contextual characteristics.

We wish to re-emphasize that the spatial representations of emotions were based on indicators of similarity/difference among the emotions (self-reports or correlations) and *not*

on the ratings that emotions received on the dimension labels. Instead, the ratings that emotions received on the dimension labels were fitted to the spatial representations after these representations were created. Given that the spatial representations will not change as a function of the scores that emotions received on the dimension labels, it is possible that other labels, not included in the current research, could be added to the models. For example, the emotions we examined may be arranged by the extent to which they are more or less central to the self (Sedikides & Gregg, 2003). To illustrate, self-compassion (Neff, 2003) may feature a more prominent role of the self than gratitude, which is characterized by a strong focus on another person (Emmons & McCullough, 2003). We encourage researchers to explore labels other than the ones we examined and fit them to the spatial representations of emotions that we extracted.

Our research did not address possible cultural or lifespan variation in the conceptualization or experience of nostalgia and its relation to other emotions. The literature suggests that culture influences several of the emotions of interest (Mesquita & Karasawa, 2004; Wallbott & Scherer, 1995). For example, whereas pride “celebrates the accomplishments of a competent self” (Wallbott & Scherer, 1995, p. 165) in North American and Western European cultures, in East Asian cultures pride is more likely to be associated with group honor or successful joint efforts (Sedikides, Gaertner, & Cai, 2015). Likewise, expressions of shame are more socially valued in collectivist cultures compared to individualist cultures (Wallbott & Scherer, 1995). Furthermore, although nostalgia is experienced across the lifespan (Hepper et al., 2017) it is possible that individuals’ conceptualization of nostalgia in terms of valence, arousal, and activation may change with age. Future empirical endeavors would do well to examine whether the dimensional configurations of the self-relevant emotions, and nostalgia’s place therein, are universal or culture specific, and consistent or variable across the lifespan.

Concluding Remarks

We investigated the position of nostalgia among self-relevant emotions. In particular, we examined which self-relevant emotions are least and most similar to nostalgia, and why this is the case. For this purpose, we developed spatial models that describe their differences

and similarities, provided psychological labels that characterized these dimensional representations, and subsequently analyzed nostalgia's relative position in these representations. Within the resultant two-dimensional representations, nostalgia was characterized as mildly positive, approach-oriented, and comparatively low in arousal. It was most similar to positive self-relevant emotions, such as self-compassion and pride, and was most dissimilar to negative self-relevant emotions, such as embarrassment and shame. Taken together, our findings establish for the first time how nostalgia can be integrated in the family of self-relevant emotions.

References

- Abeyta, A. A., Routledge, C., & Juhl, J. (2015). Looking back to move forward: Nostalgia as a psychological resource for promoting relationship aspirations and overcoming relationship challenges. *Journal of Personality and Social Psychology, 109*, 1029-1044. doi:10.1037/pspi0000036
- Abeyta, A., Routledge, C., Roylance, C., Wildschut, T., & Sedikides, C. (2015). Attachment-related avoidance and the social content of nostalgic memories. *Journal of Social and Personal Relationships, 32*, 406-413. doi:10.1177/0265407514533770.
- Anderson, C. A., & Sedikides, C. (1991). Contributions of a typological approach to associationistic and dimensional views of person perception. *Journal of Personality and Social Psychology, 60*, 203-217. doi:10.1037/0022-3514.60.2.203
- Baldwin, M., & Landau, M. J. (2014). Exploring nostalgia's influence on psychological growth. *Self and Identity, 13*, 162-177. doi:10.1080/15298868.2013.772320
- Baldwin, M., Biernat, M., & Landau, M. J. (2015). Remembering the real me: Nostalgia offers a window to the intrinsic self. *Journal of Personality and Social Psychology, 108*, 128-147. doi:10.1037/a0038033
- Barrett, F. S., Grimm, K. J., Robins, R. W., Wildschut, T., Sedikides, C., & Janata, P. (2010). Music-evoked nostalgia: Affect, memory, and personality. *Emotion, 10*, 390-403. doi:10.1037/a0019006
- Batcho, K. I. (1995). Nostalgia: A psychological perspective. *Perceptual and Motor Skills, 80*, 131-143. doi:10.2466/pms.1995.80.1.131
- Batcho, K. I. (2007). Nostalgia and the emotional tone and content of song lyrics. *The American Journal of Psychology, 120*, 361-381.
- Baumeister, R. F., Wotman, S. R., & Stillwell, A. M. (1993). Unrequited love: On heartbreak, anger, guilt, scriptlessness, and humiliation. *Journal of Personality and Social Psychology, 64*, 377-394. doi:10.1037/0022-3514.64.3.377
- Bradley, M. M., Miccoli, L., Escrig, M. A., & Lang, P. J. (2008). The pupil as a measure of emotional arousal and autonomic activation. *Psychophysiology, 45*, 602-607. doi:10.1111/j.1469-8986.2008.00654.x

- Cheung, W. Y., Sedikides, C., & Wildschut, T. (2017). Nostalgia proneness and reduced prejudice. *Personality and Individual Differences, 109*, 89-97.
- Cheung, W. Y., Wildschut, T., Sedikides, C., Hepper, E. G., Arndt, J., & Vingerhoets, A. J. (2013). Back to the future: Nostalgia increases optimism. *Personality and Social Psychology Bulletin, 39*, 1484-1496. doi:10.1177/0146167213499187
- De Hooge, I. E., Zeelenberg, M., Breugelmans, S. M. (2007). Moral sentiments and cooperation: Differential influences of shame and guilt. *Cognition and Emotion, 21*, 1025-1042. doi:10.1080/02699930600980874
- Eisenberg, N. (2000). Emotion, regulation, and moral development. *Annual Review of Psychology, 51*, 665-697. doi: 10.1146/annurev.psych.51.1.665
- Ekman, P. (Ed.). (2006). *Darwin and facial expression: A century of research in review*. Los Altos, CA: Malor Books.
- Ekman, P., Friesen, W. V., & Ancoli, S. (1980). Facial signs of emotional experience. *Journal of Personality and Social Psychology, 39*, 1125-1134. doi:10.1037/h0077722.
- Ellsworth, P. C., & Scherer, K. R. (2003). Appraisal processes in emotion. In P. C. Ellsworth & K. R. Scherer (Eds.), *Handbook of affective sciences* (pp. 572-595). Oxford, UK: Oxford University Press.
- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: an experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology, 84*, 377-389. doi:10.1037/0022-3514.84.2.377
- Fontaine, J. R., Scherer, K. R., Roesch, E. B., & Ellsworth, P. C. (2007). The world of emotions is not two-dimensional. *Psychological Science, 18*, 1050-1057. doi:10.1111/j.1467-9280.2007.02024.x
- Frijda, N. H., Kuipers, P., & Ter Schure, E. (1989). Relations among emotion, appraisal, and emotional action readiness. *Journal of Personality and Social Psychology, 57*, 212-228. doi:10.1037/0022-3514.57.2.212
- Gabriel, Y. (1993). Organizational nostalgia: Reflections on "The Golden Age." In S. Fineman (Ed.), *Emotion in organizations* (pp. 118-141). London, UK: Sage.

- Giner-Sorolla, R., Kamau, C. W., & Castano, E. (2010). Guilt and shame through recipients' eyes: The moderating effect of blame. *Social Psychology, 41*, 88-92.
doi:10.1027/1864-9335/a000013
- Gray, K., & Wegner, D. M. (2011). Dimensions of moral emotions. *Emotion Review, 3*, 258-260. doi:10.1177/1754073911402388
- Haidt, J. (2003). The moral emotions. In P. C. Ellsworth & K. R. Scherer (Eds.), *Handbook of affective sciences* (pp. 852-870). Oxford, UK: Oxford University Press.
- Hepper, E. G., Ritchie, T. D., Sedikides, C., & Wildschut, T. (2012). Odyssey's end: Lay conceptions of nostalgia reflect its original Homeric meaning. *Emotion, 12*, 102-119. doi:10.1037/a0025167
- Hepper, E. G., Wildschut, T., Sedikides, C., Ritchie, T. D., Yung, Y.-F., Hansen, N., ... & Zhou, X. (2014). Pancultural nostalgia: Prototypical conceptions across cultures. *Emotion, 14*, 733-747. doi:10.1037/a0036790
- Hepper, E. G., Wildschut, T., Sedikides, C., Robertson, S., & Routledge, C. (2017). *The time capsule: Nostalgia shields wellbeing from limited time horizons. Manuscript under review*, University of Surrey.
- Holak, S. L., & Havlena, W. J. (1992). Nostalgia: An exploratory study of themes and emotions in the nostalgic experience. *Advances in Consumer Research, 19*, 380-386.
- Jaworska, N., & Chupetlovska-Anastasova, A. (2009). A review of multidimensional scaling (MDS) and its utility in various psychological domains. *Tutorials in Quantitative Methods for Psychology, 5*, 1-10.
- Juhl, J., Routledge, C., Arndt, J., Sedikides, C., & Wildschut, T. (2010). Fighting the future with the past: Nostalgia buffers existential threat. *Journal of Research in Personality, 44*, 309-314. doi:10.1016/j.jrp.2010.02.006
- Keltner, D., & Buswell, B. N. (1997). Embarrassment: Its distinct form and appeasement functions. *Psychological Bulletin, 122*, 250-270. doi:10.1037/0033-2909.122.3.250
- Kochanska, G., Gross, J. N., Lin, M. H., & Nichols, K. E. (2002). Guilt in young children: Development, determinants, and relations with a broader system of standards. *Child Development, 73*, 461-482.

- Kruskal, J. B., & Wish, M. (1978). *Multidimensional scaling*. Newbury Park, CA: Sage.
- Lasaleta, J. D., Sedikides, C., & Vohs, K. D. (2014). Nostalgia weakens the desire for money. *Journal of Consumer Research*, *41*, 713-729. doi:10.1086/677227
- Leary, M. R., Tambor, E. S., Terdal, S. K., & Downs, D. L. (1995). Self-esteem as an interpersonal monitor: The sociometer hypothesis. *Journal of Personality and Social Psychology*, *68*, 518-530. doi:10.1037/0022-3514.68.3.518
- Leary, M. R., Springer, C., Negel, L., Ansell, E., & Evans, K. (1998). The causes, phenomenology, and consequences of hurt feelings. *Journal of Personality and Social Psychology*, *74*, 1225-1237. doi:10.1037/0022-3514.74.5.1225
- Lewis, M. (2000). Self-conscious emotions: Embarrassment, pride, shame, and guilt. In M. Lewis & J. M. Haviland-Jones (Eds.), *Handbook of emotions* (2nd ed., 623-636). New York, NY: Guilford.
- Mahadevan, N., Gregg, A. P., Sedikides, C., & de Waal-Andrews, W. G. (2016). Winners, Losers, Insiders, and Outsiders: Comparing Hierometer and Sociometer Theories of Self-Regard. *Frontiers in Psychology*, *7*. doi:10.3389/fpsyg.2016.00334
- Maher, P. J., Van Tilburg, W. A. P., & Igou, E. R. (2017). *Lost and found: Identifying and distinguishing states of epistemic negative affect*. Manuscript under review, King's College London.
- McCullough, M. E., Kilpatrick, S. D., Emmons, R. A., & Larson, D. B. (2001). Is gratitude a moral affect? *Psychological Bulletin*, *127*, 249-266.
- Mesquita, B., & Karasawa, M. (2004). Self-conscious emotions as dynamic cultural processes. *Psychological Inquiry*, *15*, 161-166.
- Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, *2*, 85-101. doi:10.1080/15298860309032
- Pinter, B., Insko, C. A., Wildschut, T., Kirchner, J. L., Montoya, R. M., & Wolf, S. T. (2007). Reduction of interindividual-intergroup discontinuity: The role of leader accountability and proneness to guilt. *Journal of Personality and Social Psychology*, *93*, 250-265. doi:10.1037/0022-3514.93.2.250

- Posner, J., Russell, J. A., & Peterson, B. S. (2005). The circumplex model of affect: An integrative approach to affective neuroscience, cognitive development, and psychopathology. *Development and Psychopathology, 17*, 715-734.
doi:10.1017/S0954579405050340
- Reid, C. A., Green, J. D., Wildschut, T., & Sedikides, C. (2015). Scent-evoked nostalgia. *Memory, 23*, 157-166. doi:10.1080/09658211.2013.876048
- Routledge, C., Arndt, J., Wildschut, T., Sedikides, C., Hart, C. M., Juhl, J., Vingerhoets, A., Schlotz, W. (2011). The past makes the present meaningful: Nostalgia as an existential resource. *Journal of Personality and Social Psychology, 101*, 638-652.
doi:10.1037/a0024292.
- Rusbult, C. E., & Zembrodt, I. M. (1983). Responses to dissatisfaction in romantic involvements: A multidimensional scaling analysis. *Journal of Experimental Social Psychology, 19*, 274-293.
- Rusbult, C. E., Onizuka, R. K., & Lipkus, I. (1993). What do we really want? Mental models of ideal romantic involvement explored through multidimensional scaling. *Journal of Experimental Social Psychology, 29*, 493-527.
- Russell J. A. (1980). A circumplex model of affect. *Journal of Personality and Social Psychology, 39*, 1161-1178. doi:10.1037/h0077714
- Russell, J. A., & Bullock, M. (1985). Multidimensional scaling of emotional facial expressions: Similarity from preschoolers to adults. *Journal of Personality and Social Psychology, 48*, 1290-1298. doi:10.1037/0022-3514.48.5.1290
- Russell, J. A., & Carroll, J. M. (1999). On the bipolarity of positive and negative affect. *Psychological Bulletin, 125*, 3-30. doi:10.1037//0033-2909.125.1.3
- Russell, J. A., Lewicka, M., & Nitt, T. (1989). A cross-cultural study of a circumplex model of affect. *Journal of Personality and Social Psychology, 57*, 848-856.
doi:10.1037/0022-3514.57.5.848
- Schwartz, S. H. (1994). Are there universal aspects in the structure and contents of human values? *Journal of Social Issues, 50*, 19-45. doi:10.1111/j.1540-4560.1994.tb01196.x

- Sedikides, C., & Anderson, C. A. (1994). Causal perceptions of intertrait relations: The glue that holds person types together. *Personality and Social Psychology Bulletin*, *20*, 294-302. doi:10.1177/0146167294203007
- Sedikides, C., Cheung, W.Y., Wildschut, T., Hepper, E. G., Baldursson, E., & Pedersen, B. (2017). Nostalgia motivates pursuit of important goals by increasing meaning in life. *European Journal of Social Psychology*. Advance online publication. doi:10.1002/ejsp.2318
- Sedikides, C., Gaertner, L., & Cai, H. (2015). On the panculturality of self-enhancement and self-protection motivation: The case for the universality of self-esteem. In A. J. Elliot (Ed.), *Advances in Motivation Science* (Vol. 2, pp. 185-241). San Diego, CA: Academic Press. doi:10.1016/bs.adms.2015.04.002
- Sedikides, C., & Gregg, A. P. (2003). Portraits of the self. In M. A. Hogg & J. Cooper (Eds.), *Sage handbook of social psychology* (pp. 110-138). London, UK: Sage Publications.
- Sedikides, C., & Wildschut, T. (2016a). Nostalgia: A bittersweet emotion that confers psychological health benefits. In J. Johnson & A. Wood (Eds.), *The Wiley handbook of positive clinical psychology* (pp. 25-136). Hoboken, NJ: Wiley.
- Sedikides, C., & Wildschut, T. (2016b). Past forward: Nostalgia as a motivational force. *Trends in Cognitive Sciences*, *20*, 319-321. doi: 10.1016/j.tics.2016.01.008
- Sedikides, C., Wildschut, T., & Baden, D. (2004). Nostalgia: Conceptual issues and existential functions. In J. Greenberg, S. L. Koole, & T. Pyszczynski (Ed.), *Handbook of experimental existential psychology* (pp. 200-214). New York, NY: Guilford Press.
- Sedikides, C., Wildschut, T., Arndt, J., & Routledge, C. (2008). Nostalgia: Past, present, and future. *Current Directions in Psychological Science*, *17*, 304-307. doi:10.1111/j.1467-8721.2008.00595.x
- Sedikides, C., Wildschut, T., Routledge, C., Arndt, J., Hepper, E. G., & Zhou, X. (2015). To nostalgize: Mixing memory with affect and desire. *Advances in Experimental Social Psychology*, *51*, 189-273. doi:10.1016/bs.aesp.2014.10.001.
- Shepard, R. N. (1980). Multidimensional scaling, tree-fitting, and clustering. *Science*, *210*, 390-398.

- Smith, C. A., & Ellsworth, P. C. (1985). Patterns of cognitive appraisal in emotion. *Journal of Personality and Social Psychology*, *48*, 813. doi:10.1037/0022-3514.48.4.813
- Stephan, E., Sedikides, C., & Wildschut, T. (2012). Mental travel into the past: Differentiating recollections of nostalgic, ordinary, and positive events. *European Journal of Social Psychology*, *42*, 290-298. doi:10.1002/ejsp.1865
- Stephan, E., Wildschut, T., Sedikides, C., Zhou, X., He, W., Routledge, C., & Vingerhoets, A. J. J. M. (2014). The mnemonic mover: Nostalgia regulates avoidance and approach motivation. *Emotion*, *14*, 545-561. doi:10.1037/a0035673
- Stephan, E., Sedikides, C., Wildschut, T., Cheung, W. Y., Routledge, C., & Arndt, J. (2015). Nostalgia-evoked inspiration: Mediating mechanisms and motivational implications. *Personality and Social Psychology Bulletin*, *41*, 1395-1410. doi:10.1177/0146167215596985
- Tangney, J. P. (1995). Recent advances in the empirical study of shame and guilt. *American Behavioral Scientist*, *37*, 1132-1145. doi:10.1177/0002764295038008008
- Tangney, J. P., & Dearing, R. L. (2002). *Shame and guilt*. New York, NY: Guilford.
- Tangney, J. P., & Tracy, J. L. (2011). Self-conscious emotions. In M. R. Leary & J. P. Tangney (Eds.), *Handbook of self and identity* (pp. 446-479). New York, NY: Guilford Press.
- Tangney, J. P., Miller, R. S., Flicker, L., & Barlow, D. H. (1996). Are shame, guilt, and embarrassment distinct emotions? *Journal of Personality and Social Psychology*, *70*, 1256-1269. doi:10.1037/0022-3514.70.6.1256
- The New Oxford Dictionary of English* (1998). Oxford, UK: Oxford University Press.
- Thrash, T. M., & Elliot, A. J. (2003). Inspiration as a psychological construct. *Journal of Personality and Social Psychology*, *84*, 871-889. doi:10.1037/0022-3514.84.4.871
- Tracy, J. L., & Robins, R. W. (2004a). Putting the self into self-conscious emotions: A theoretical model. *Psychological Inquiry*, *15*, 103-125. doi:10.1207/s15327965pli1502_01

- Tracy, J. L., & Robins, R. W. (2004b). Show your pride: Evidence for a discrete emotion expression. *Psychological Science, 15*, 194-197. doi:10.1111/j.0956-7976.2004.01503008.x
- Tracy, J. L., & Robins, R. W. (2007). Emerging insights into the nature and function of pride. *Current Directions in Psychological Science, 16*, 147-150. doi:10.1111/j.1467-8721.2007.00493.x
- Turner, R. N., Wildschut, T., & Sedikides, C. (2012). Dropping the weight stigma: Nostalgia improves attitudes toward persons who are overweight. *Journal of Experimental Social Psychology, 48*, 130-137. doi:10.1016/j.jesp.2011.09.007
- Vallerand, R. J., Blanchard, C., Mageau, G. A., Koestner, R., Ratelle, C., Léonard, M., Gagné, M., & Marsolais, J. (2003). Les passions de l'ame: On obsessive and harmonious passion. *Journal of Personality and Social Psychology, 85*, 756-767. doi:10.1037/0022-3514.85.4.756
- Van Tilburg, W. A. P., & Igou, E. R. (2017). Boredom begs to differ: Differentiation from other negative emotions. *Emotion, 17*, 309-322. doi:10.1037/emo0000233
- Van Tilburg, W. A. P., Igou, E. R., & Sedikides, C. (2013). In search of meaningfulness: Nostalgia as an antidote to boredom. *Emotion, 13*, 450-461. doi:10.1037/a0030442
- Van Tilburg, W. A., Sedikides, C., & Wildschut, T. (2015). The mnemonic muse: Nostalgia fosters creativity through openness to experience. *Journal of Experimental Social Psychology, 59*, 1-7. doi:10.1016/j.jesp.2015.02.002
- Vess, M., Arndt, J., Routledge, C., Sedikides, C., & Wildschut, T. (2012). Nostalgia as a resource for the self. *Self and Identity, 3*, 273-284. doi:10.1080/15298868.2010.521452
- Wallbott, H. G., & Scherer, K. R. (1995). Cultural determinants in experiencing shame and guilt. In J. P. Tangney & K. W. Fischer (Eds.), *Self-conscious emotions: The psychology of shame, guilt, embarrassment, and pride* (pp. 465-487). New York, NY: Guilford Press.
- Werman, D. S. (1977). Normal and pathological nostalgia. *Journal of the American Psychoanalytic Association, 25*, 387-398. doi:10.1177/000306517702500205

Wildschut, T., Sedikides, C., Arndt, J., & Routledge, C. (2006). Nostalgia: Content, triggers, functions. *Journal of Personality and Social Psychology, 91*, 975-993.

doi:10.1037/0022-3514.91.5.975

Wildschut, T., Sedikides, C., Routledge, C., Arndt, J., & Cordaro, F. (2010). Nostalgia as a repository of social connectedness: The role of attachment-related avoidance. *Journal of Personality and Social Psychology, 98*, 573-586. doi:0.1037/a0017597

Zhou, X., Sedikides, C., Wildschut, T., & Gao, D. -G. (2008). Counteracting loneliness: On the restorative function of nostalgia. *Psychological Science, 19*, 1023-1029.

doi:10.1111/j.1467-9280.2008.02194.x

Zhou, X., Wildschut, T., Sedikides, C., Shi, K., & Feng, C. (2012). Nostalgia: The gift that keeps on giving. *Journal of Consumer Research, 39*, 39-50. doi:10.1086/662199

Table 1

Aggregate-Level Correlations of Self-Relevant Emotion Coordinates across Studies

		Study											
		1		2		3		4		5		Aggregate 1-4	
Study		<i>Dim. 1</i>	<i>Dim. 2</i>	<i>Dim. 1</i>	<i>Dim. 2</i>	<i>Dim. 1</i>	<i>Dim. 2</i>	<i>Dim. 1</i>	<i>Dim. 2</i>	<i>Dim. 1</i>	<i>Dim. 2</i>	<i>Dim. 1</i>	<i>Dim. 2</i>
1	<i>Dim. 1</i>	-	.000	.967	.032	.877	.111	.907	.053	-.871	-.320	.963	.050
	<i>Dim. 2</i>		-	-.065	.902	-.082	.951	.019	.984	.053	-.424	-.033	.978
2	<i>Dim. 1</i>			-	.000	.932	.062	.927	-.022	-.908	-.285	.982	-.006
	<i>Dim. 2</i>				-	-.099	.940	-.045	.943	.004	-.379	-.029	.965
3	<i>Dim. 1</i>					-	.000	.977	-.094	-.941	-.144	.972	-.070
	<i>Dim. 2</i>						-	.065	.978	-.041	-.555	.061	.986
4	<i>Dim. 1</i>							-	.000	-.938	-.167	.978	.010
	<i>Dim. 2</i>								-	.046	-.490	-.016	.995
5	<i>Dim. 1</i>									-	.000	-.939	-.004
	<i>Dim. 2</i>										-	0.016	-.471

Table 2

Fit and Orientation of Superimposed Attributes for Self-Relevant Emotions

	R^2	Dim. 1 β	Dim. 2 β
Valence			
Study 1-4 Aggregate Model	.893	.994	.038
Study 5	.832	-.894	.181
Approach/Avoidance			
Study 1-4 Aggregate Model	.905	.950	-.041
Study 5	.800	-.889	.096
Relevance to Morality			
Study 1-4 Aggregate Model	.683	-.600	.565
Study 5	.872	.660	.660
Arousal			
Study 1-4 Aggregate Model	.455	-.187	-.649
Study 5	.204	.278	-.356
Activation			
Study 1-4 Aggregate Model	.508	.522	-.484
Study 5	.186	-.420	-.099

Figure 1. *Model Stress by Dimensional Complexity for Studies 1-5*

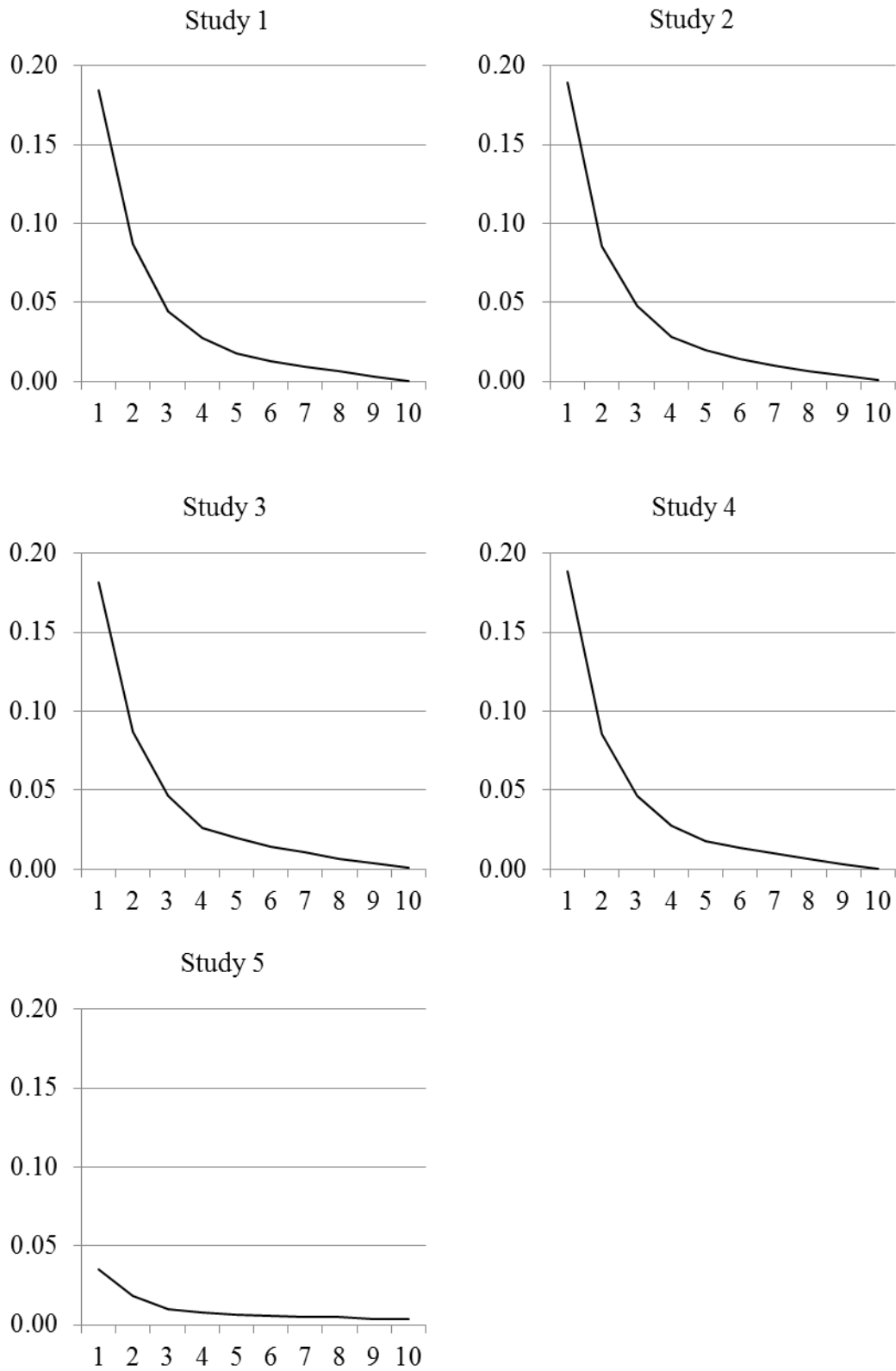
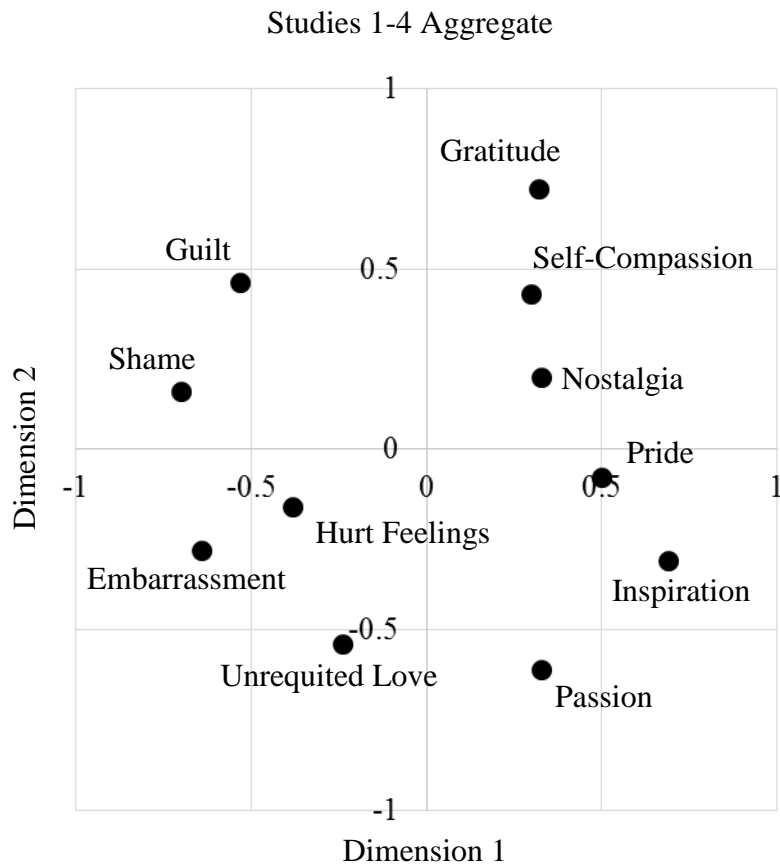


Figure 2. Positioning Self-Relevant Emotions in Two-Dimensional Space



Study 5 (Dimensions Mirrored for Consistency)

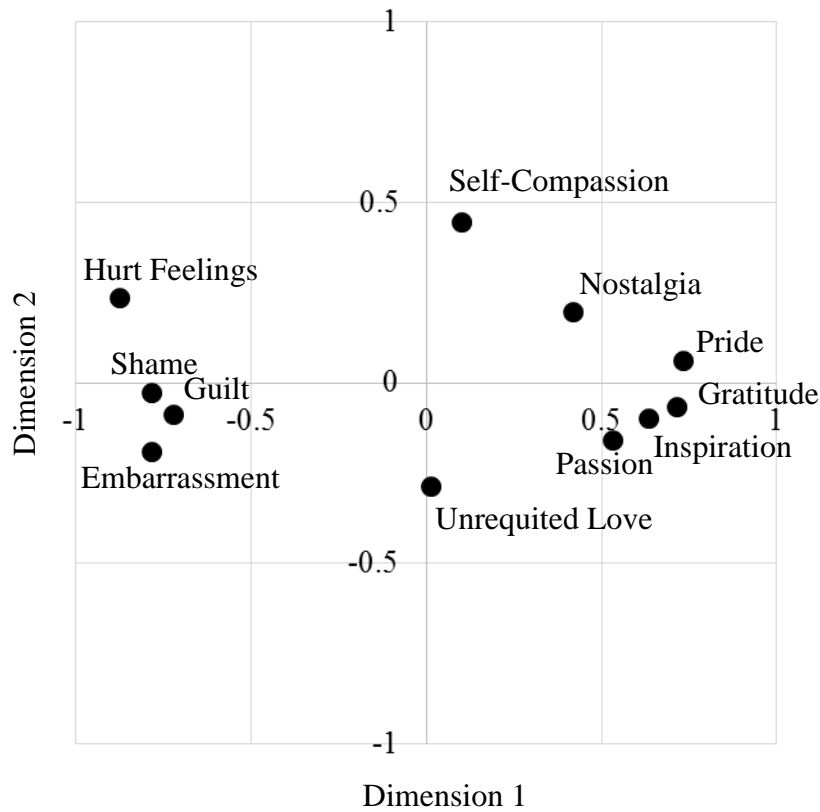
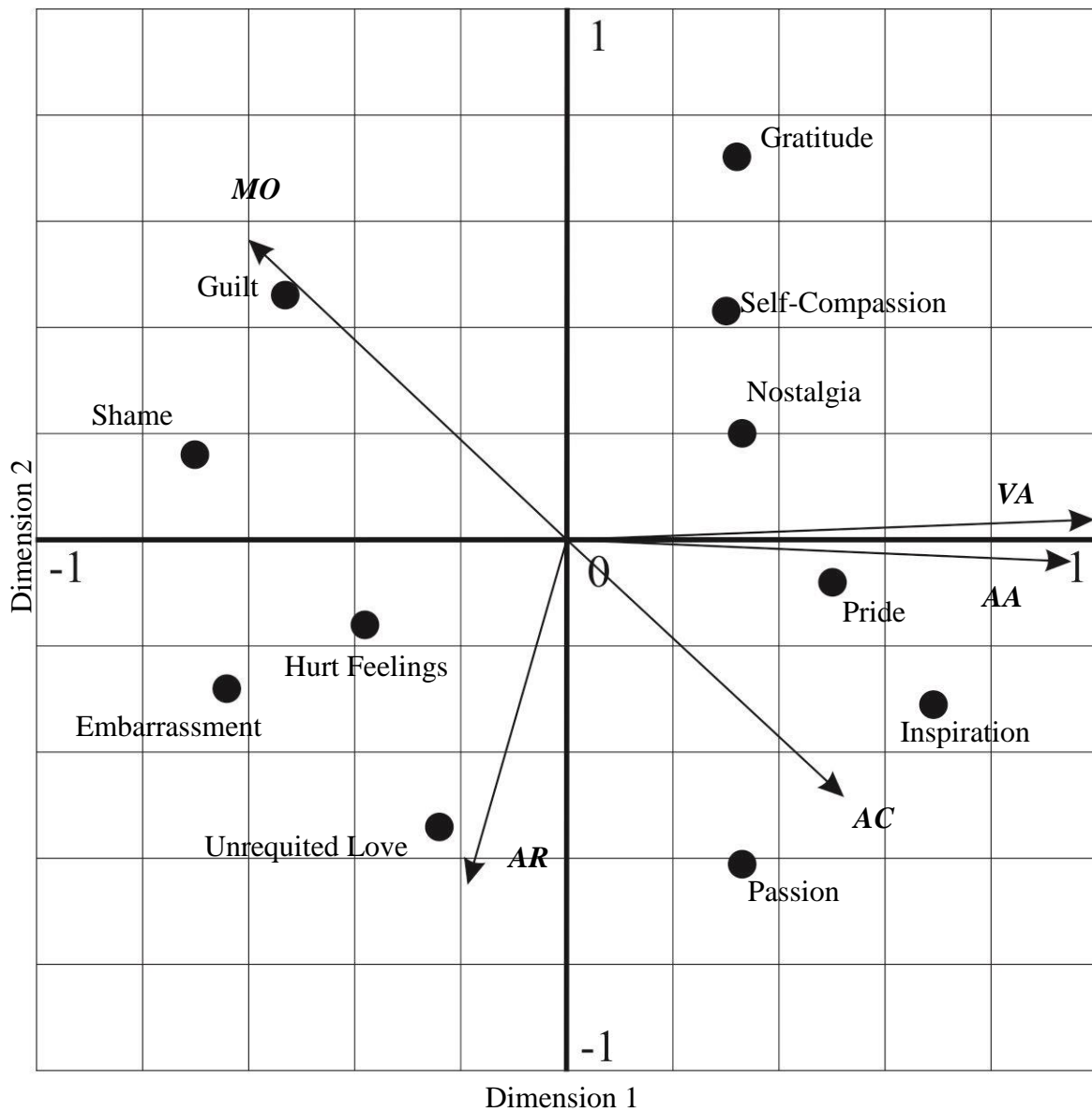
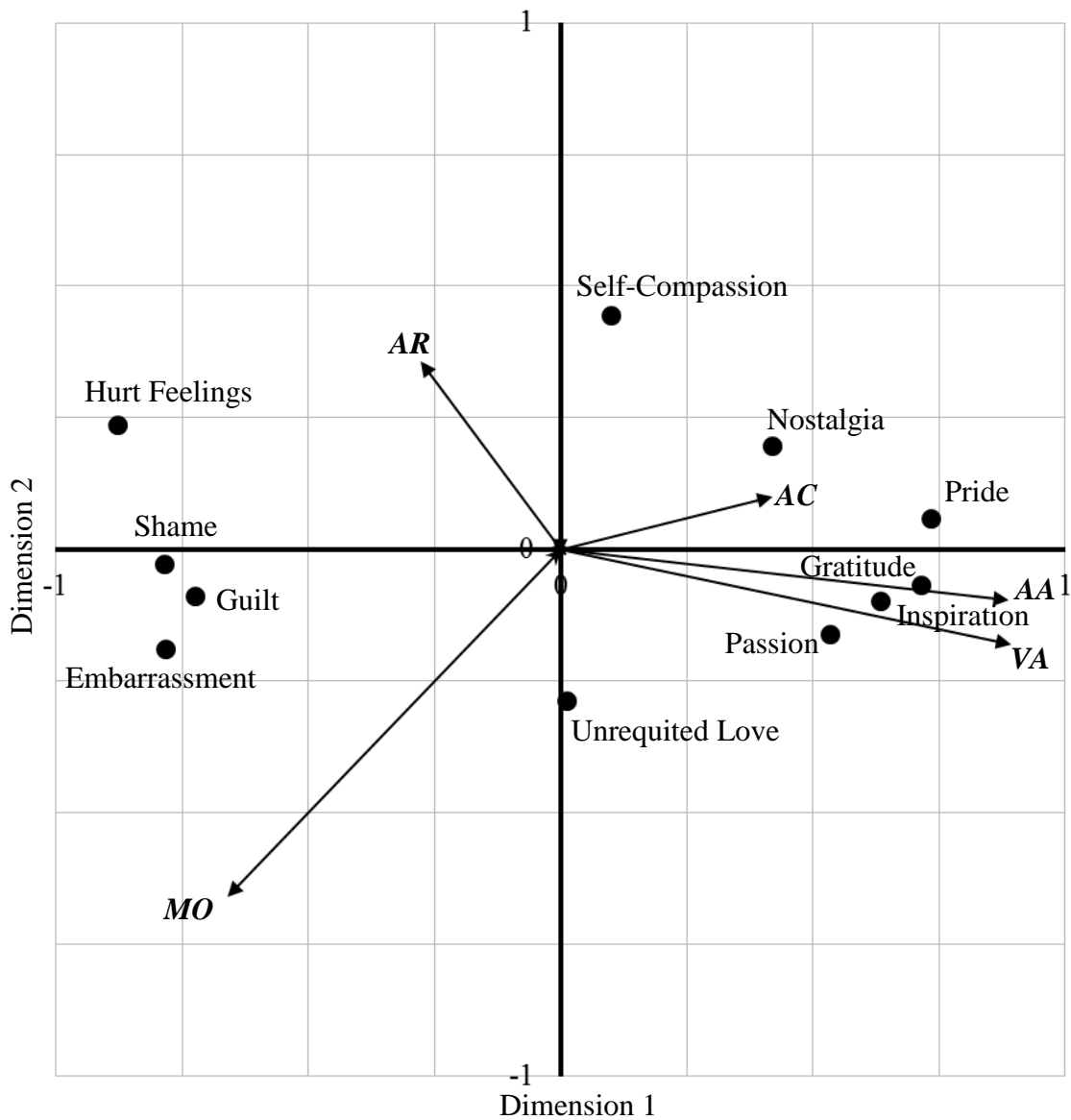


Figure 3. Study 6 Attributes Superimposed on Studies 1-4 Aggregated Model (Emotion Comparisons)



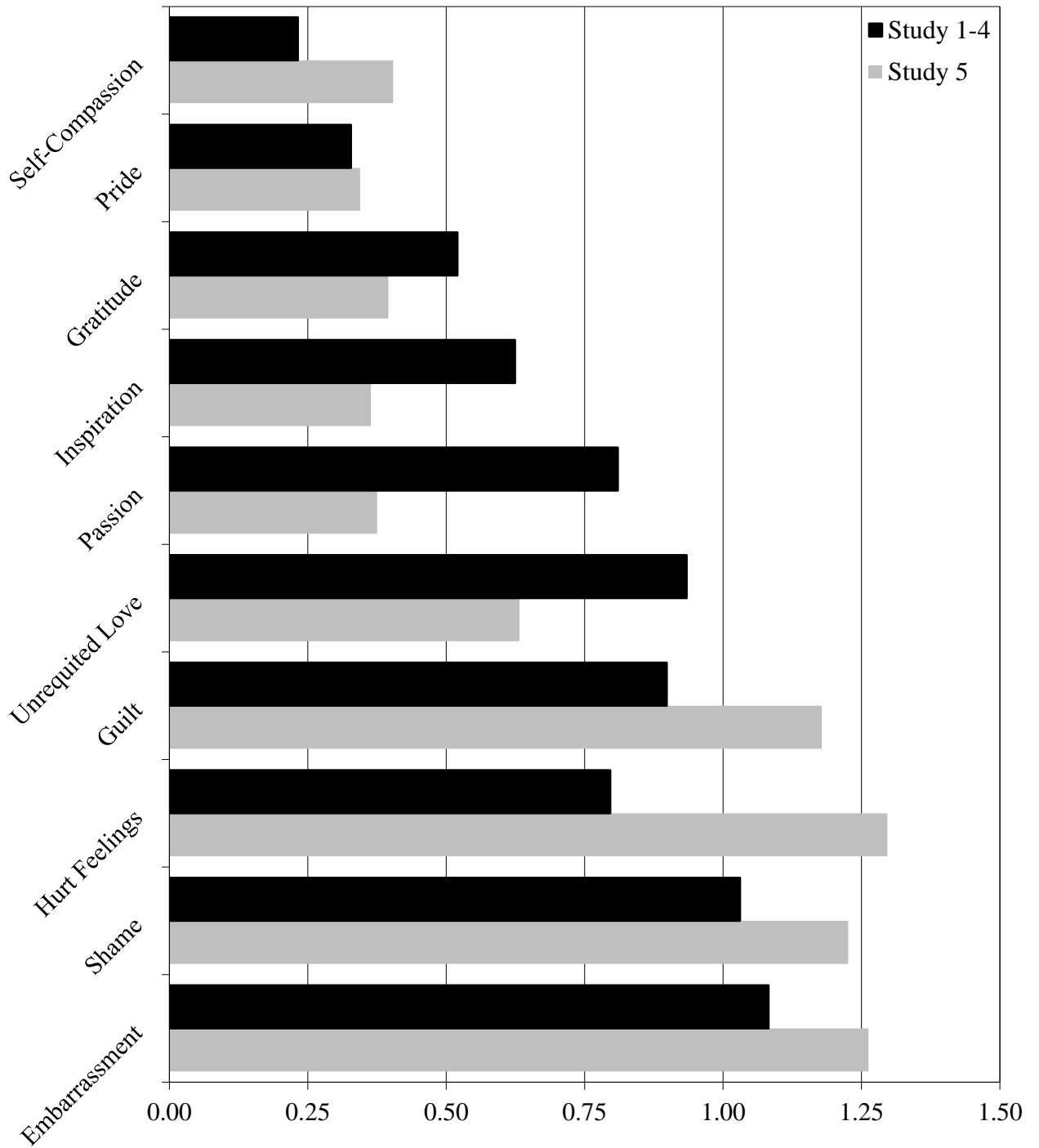
Note: Arrow lengths are proportional to the square root of the attributes' explained variances. VA = negative to positive valence; AA = approach to avoidance; AR = low to high arousal; MO = low to high relevance to morality; AC = low to high activation.

Figure 4. Study 6 Attributes Superimposed on Study 5 Model (Actual Emotion Experiences)



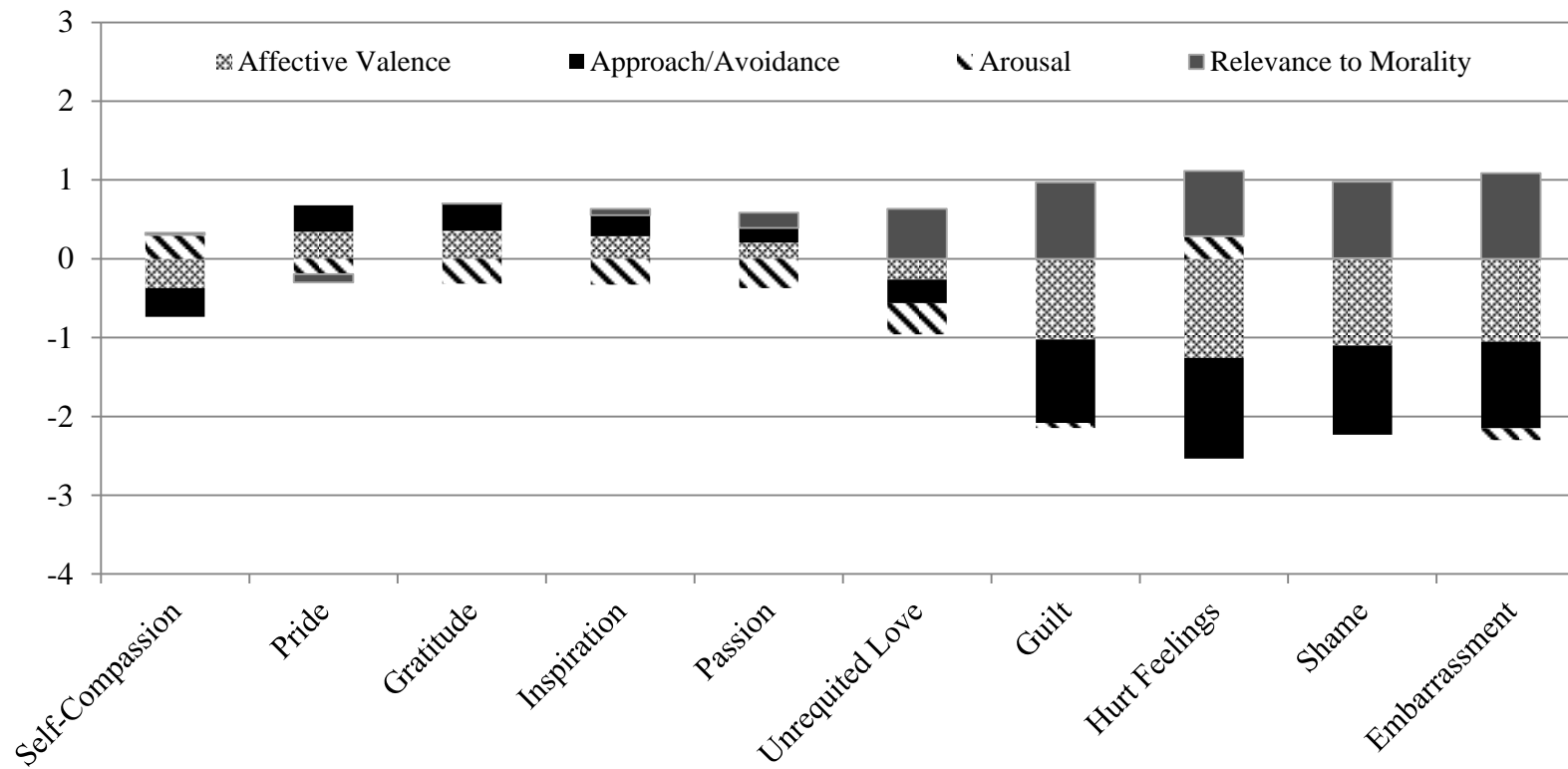
Note: Dimensions are mirrored for consistency. Arrow lengths are proportional to the square root of the attributes' explained variances. VA = negative to positive valence; AA = approach to avoidance; AR = low to high arousal; MO = low to high relevance to morality; AC = low to high activation.

Figure 5: *Euclidian Distances to Nostalgia*



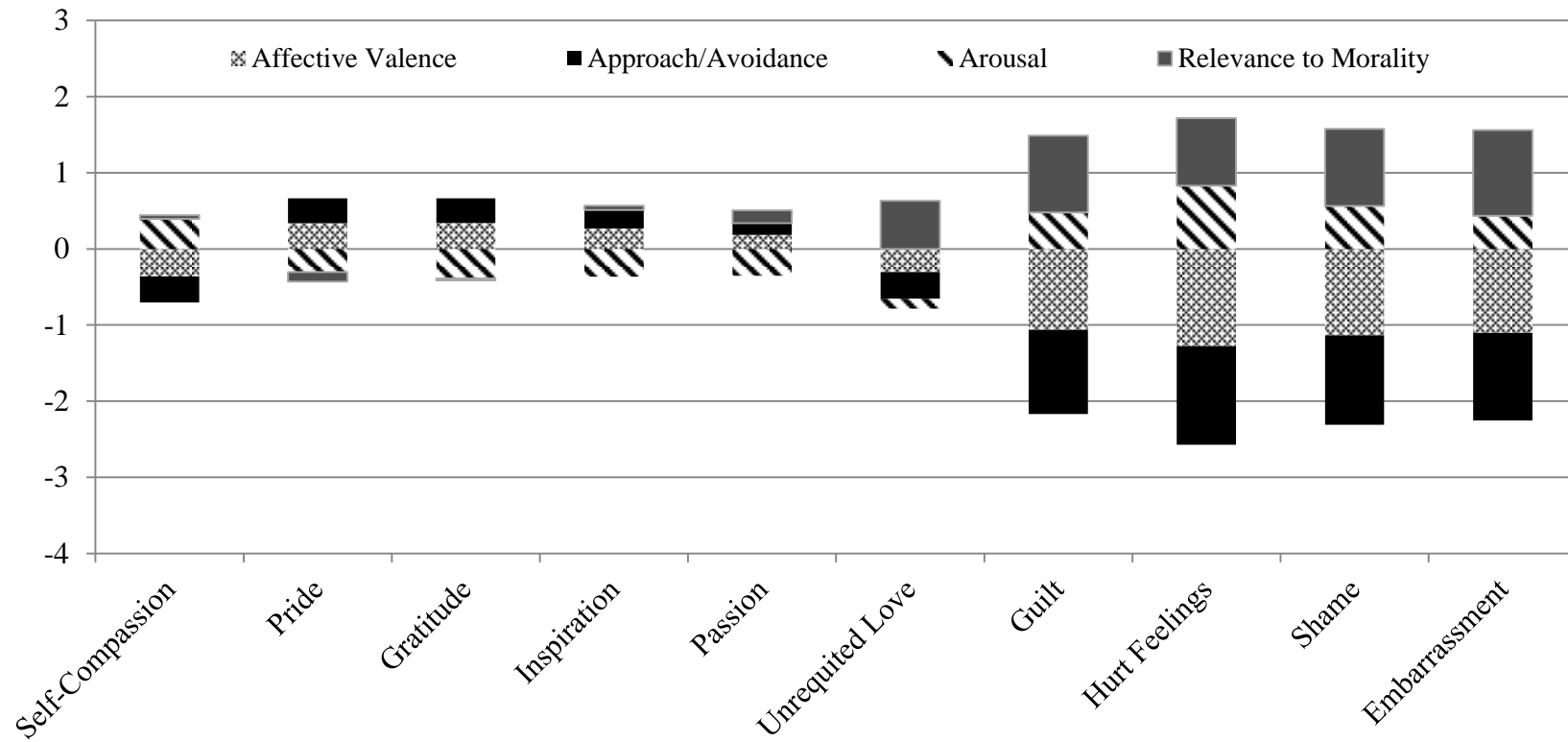
Note: Higher scores indicate greater Euclidian distance from nostalgia.

Figure 6: *Differences with Nostalgia on Study 6 Attributes for Studies 1-4 Aggregated Model (Emotion Comparisons)*



Note: Scores indicate difference with nostalgia on a given superimposed dimension.

Figure 7: Differences with Nostalgia on Study 6 Attributes for Study 5 Model (Actual Emotion Experiences)



Note: Scores indicate difference with nostalgia on a given superimposed dimension.

Appendix

Similarity Matrix Example for a Participant in Study 1

In this matrix, higher scores indicate more similarity between emotions according to this participant. Note that elements on the top-left bottom-right diagonal need be assigned values of 0 for the analysis.

Emotion	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.
1. Nostalgia	0										
2. Inspiration	3	0									
3. Passion	4	4	0								
4. Pride	1	2	2	0							
5. Gratitude	3	5	1	1	0						
6. Embarrassment	1	1	1	2	1	0					
7. Unrequited Love	1	1	4	4	2	6	0				
8. Hurt Feelings	2	1	1	7	1	6	6	0			
9. Guilt	1	1	1	1	1	4	4	2	0		
10. Shame	1	1	2	2	1	8	8	8	9	0	
11. Self-Compassion	3	2	5	1	3	2	4	8	5	3	0