**When does helping others help yourself? The effects of situational factors on the behavioral and physiological outcomes of intrapersonal and social emotion regulation**

**Summary comments**

I have reviewed your ISF proposal and made several comments and suggestions. I have also tried to remove redundancy to free up some space.

The proposal is, for the most part, strong, clear, and detailed. It is obvious to me that you have the expertise, skills, knowledge, and resources to conduct the proposed research. You have also made it very clear where the gaps in our existing knowledge and understanding of using cognitive reappraisal as an emotion regulation strategy lie.

The introduction was mostly very well written and clear. The majority of my edits are at the fine-detail level.

There were several places, however, in the methods section where I made larger changes in order to improve the clarity and readability of the proposal. As this is the section of the document that gets most scrutiny from the reviewers, I focused my attention here. As you will see from my comments, the piece that I struggled to comprehend at first was the source of the stimuli seen by participants when in the role of supporter. I have tried to suggest ways to reword your descriptions so that it is clear that the ‘person’ who the participant is supporting is not another participant—as they are led (explicitly? implicitly?) to believe but is rather a work of fiction devised by the researchers in order to control the narratives witnessed by participants.

Other than this, I had no trouble following the rationale, the hypotheses, and the experimental design.

Your account of the pilot research, the anticipated pitfalls, and the resources available required little work on my part, although I have clarified and tightened up the language where appropriate.

I hope my feedback is useful, and wish you all the best with securing funding for your research!