

SUPPLEMENTARY MATERIAL

What People Desire, Feel Conflicted About, and Try to Resist in Everyday Life

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Table S1. *Frequencies, desire strength, degree of conflict, probability of resistance, and unsuccessful self-control (enactment despite attempting to resist) for the various desires experienced*

Desire content	Frequency	Desire strength	Conflict	Prob. resistance	Prob. enactment despite resistance
Overall effect	$\chi^2 = 6,972^{***}$	$\chi^2 = 347^{***}$	$\chi^2 = 962^{***}$	$\chi^2 = 372^{***}$	$\chi^2 = 257^{***}$
Eating	2203	4.03	0.84 _b	0.44 _a	0.22 _a
Sleep	812	4.54 _a	1.69 _a	0.61 _a	0.15
Non-alcoholic drinks	676	4.27 _{a, S↓}	0.37 _{b, S↓}	0.28 _b	0.20
Media	638	3.65 _{b, S↓}	1.32 _a	0.23 _b	0.42 _a
Leisure	563	4.18	2.11 _{a, S↑}	0.53 _a	0.16
Social contact	555	4.29 _a	0.99 _b	0.33 _b	0.13
Hygiene	462	4.35 _a	0.73 _{b, S↓}	0.43	0.15
Tobacco	370	3.54 _b	1.28 _a	0.39	0.17
Sexual desire	360	4.39 _a	1.06	0.59 _a	0.11 _b
Work	233	4.05	0.64 _b	0.15 _b	0.43 _a
Coffee	228	3.83 _b	0.63 _b	0.33	0.12
Alcohol	208	3.40 _b	0.92 _b	0.30 _b	0.22
Sports	204	4.37 _a	1.38 _{a, S↑}	0.35	0.09 _b
Spending	168	3.73 _b	1.41 _a	0.48 _a	0.07 _b

Note. Desire strength was measured on a scale from 0 (*no desire at all*) to 7 (*irresistible*). Conflict was measured on a scale from 0 (*no conflict at all*) to 4 (*very strong conflict*). Probabilities range from 0 to 1. Means with subscript a/b indicate means significantly above/below the average of the sample mean at $p < .05$. Means with the subscript S[↑] or S[↓] indicate, respectively, that the mean for the student subsample ($n = 150$) was significantly above or below the mean of the nonstudent sample ($n = 55$) in a given domain. "Overall effect" indicates the statistical evaluation of the overall effect of desire content on the dependent variables ($df = 14$). *** $p < .001$.

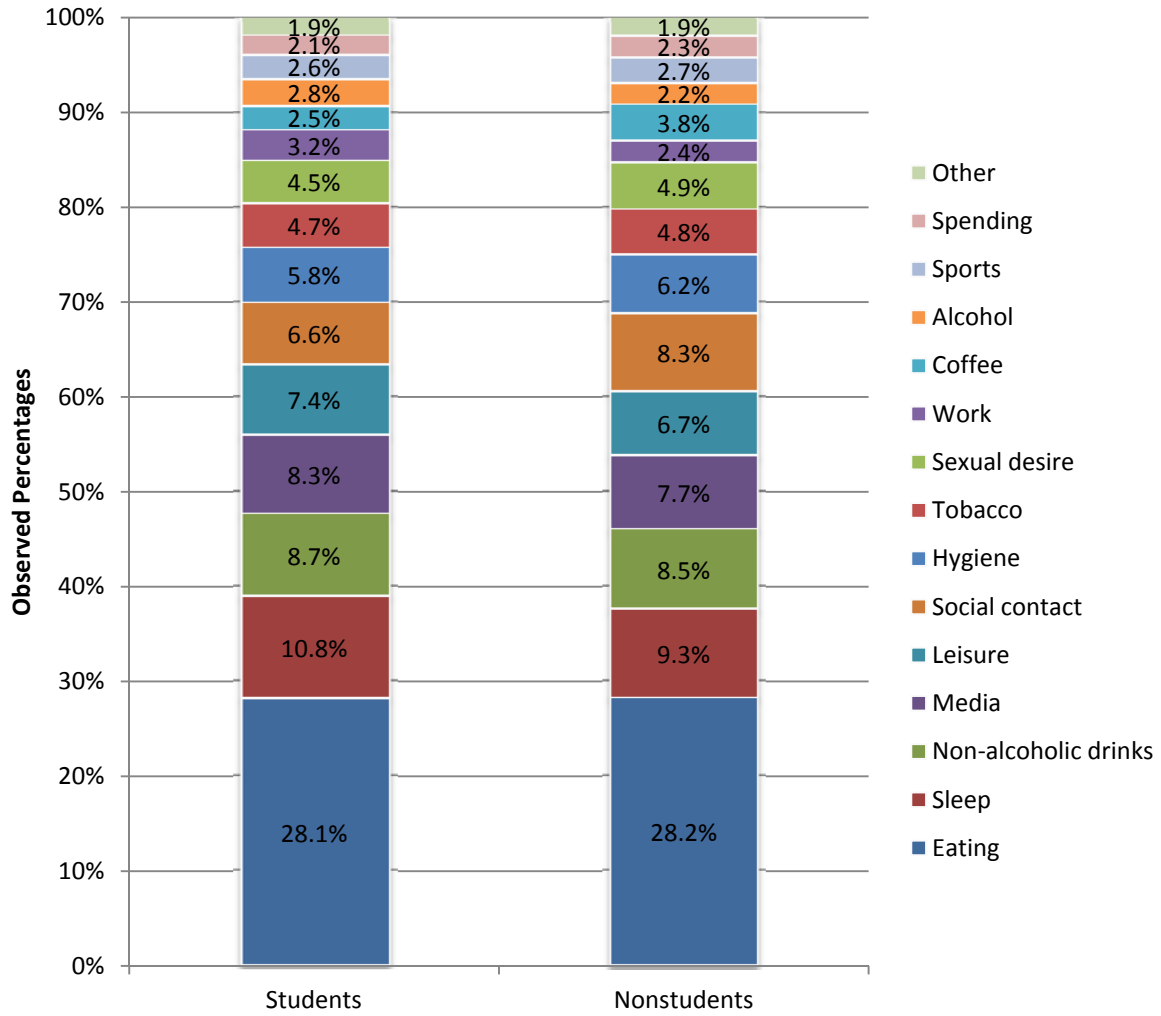


Figure S1. Proportion of desires reported by the student ($n = 150$) and nonstudent ($n = 55$) subsamples over the experience sampling period.

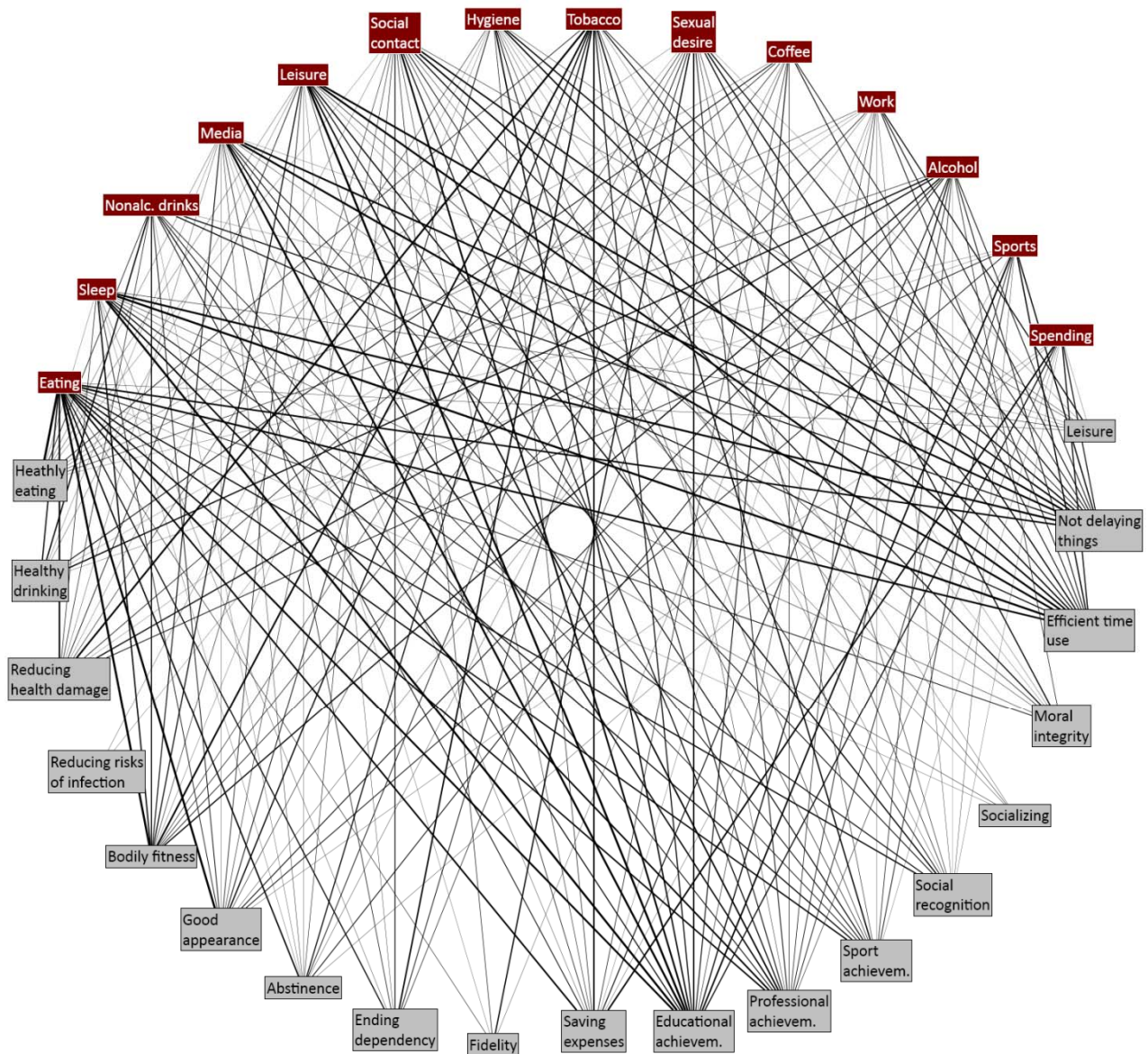


Figure S2. Connection graph illustrating the links between desires (upper part) and conflicting goals (lower part). The thickness of the connecting lines represents the log-transformed frequency of combinations in the dataset that were mentioned at least five times, with thicker lines representing more prominent self-regulatory conflicts. Participants could mention multiple conflicting goals at a time. Goals were selected from a list of 20 categories, or entered on the keyboard and later coded. The category “other” is not shown. Eating, media, social contact, and

leisure were the desires interconnected with the highest number of different conflicting goals; coffee, spending, sports, and non-alcoholic drinks were connected with the lowest number of different conflicting goals.

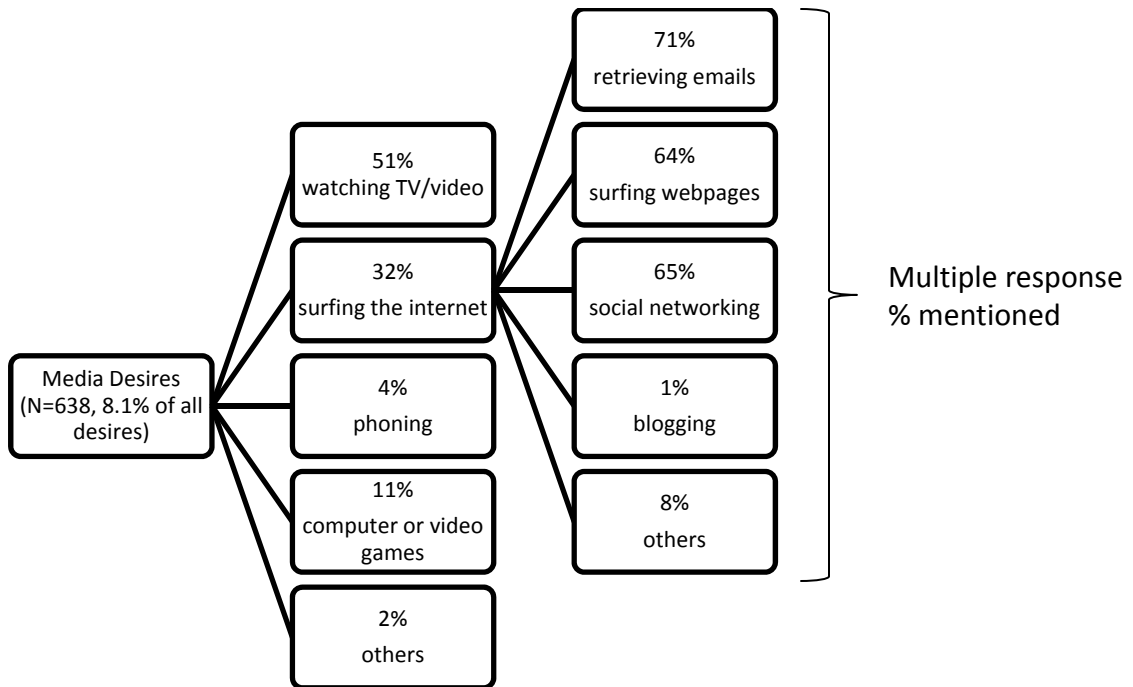


Figure S3. Percentage distribution of various media desires in the database.