

Supplemental Material S1. Example of a session for a participant in the START group.

Each of the six target words is repeated a total of 45 times in a session, with 15 of those repetitions in response to a loud, startling acoustic stimulus (SAS). Each word is presented in a block of 15 trials. The remaining words are repeated in response to quiet, non-startling cues (n). Each trial consists of a GET READY and GO sound, with the latter being either an SAS or an n cue for participants in the START group. Participants in the Control group receive the same paradigm of GET READY and GO sounds, but only ever receive non-startling cues.

	Trial														
Block	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
cheese	n	SAS	n	SAS	SAS	n	SAS	n	n	n	n	SAS	n	n	n
feet	n	n	n	SAS	n	n	SAS	n	n	SAS	n	n	SAS	n	SAS
stop	n	SAS	n	n	SAS	SAS	n	n	SAS	n	n	SAS	n	n	n
water	SAS	n	n	SAS	n	n	SAS	SAS	n	SAS	n	n	n	n	n
stop	SAS	n	n	n	SAS	n	n	n	n	SAS	n	n	SAS	n	SAS
ball	n	n	n	n	n	SAS	n	n	SAS	n	SAS	n	n	n	n
cheese	n	n	n	SAS	n	n	n	n	SAS	n	SAS	n	n	SAS	n
water	n	SAS	n	n	SAS	n	n	n	n	n	n	SAS	SAS	n	n
please	SAS	n	n	SAS	n	n	n	n	n	n	n	n	n	SAS	n
stop	n	SAS	n	SAS	n	SAS	n	n	SAS	n	SAS	n	n	n	n
cheese	SAS	n	n	n	n	n	n	n	n	n	n	n	n	n	n
ball	n	n	n	SAS	n	n	n	SAS	n	n	n	SAS	n	n	n
please	n	n	n	n	n	SAS	SAS	n	n	n	n	n	n	n	n
feet	SAS	n	n	n	n	n	n	SAS	n	n	n	SAS	n	n	n
ball	n	n	SAS	n	n	n	SAS	n	SAS	n	SAS	SAS	n	n	n
feet	n	n	n	n	n	SAS	n	SAS	n	SAS	n	n	SAS	n	SAS
please	n	n	SAS	n	n	n	n	n	n	SAS	SAS	n	n	SAS	SAS
water	SAS	n	n	SAS	SAS	n	n	n	SAS	n	n	SAS	n	n	n