These are the Zwaan temporal shift stories in which there is either a continuous progression in time (a moment later” or a shift to a new temporal framework “a day later.”

Chris was a lawyer in Memphis.
He had opened a practice there after his move from Seattle.
He already had quite a few clients.
This morning, Chris had a busy schedule.
He had to finish some work, before he would fly to Cincinnati to meet a client.
His plane would leave tonight.
Chris started opening the mail.
A moment/day later, Chris felt a headache.
This was a sign that he had been working too hard.
Chris decided to work more efficiently, so that he could find more time to relax.
He would take up playing racquetball again.

It was the last week of Eve’s vacation at the coast.
Eve was not looking forward to get back to work again.
She hated her boring job.
However, she was planning to enjoy every second at the beach.
It was already very hot when she drove to the beach.
But it was still very quiet at the beach.
As Eve was walking on the white sand, she looked around for a nice spot.
A moment/day later, Eve spotted a friend.
She yelled and waved, and the friend came up to her.
He told Eve that he now owned a successful software company.
He asked Eve if she would want to work for him.
Of course, Eve jumped at the offer.

Frank was visiting his grandson in Colorado.
They would go trout fishing on the first day.
Frank was planning to do some hiking the rest of the time.
They got up real early and hiked to an ideal fishing spot, that his grandfather had discovered.
When they arrived at the spot, it was already hot.
However, the water was very cool.
They stepped into the water and started fishing.
A moment/day later, Frank felt nauseous.
He was not yet used to the altitude; he was born and raised in Florida.
However, after a few days, Frank got adjusted.
He had a great time in Colorado.

Sean was a bartender in an Irish pub in Chicago.
Recently, he had immigrated from Ireland.
He liked working in the States.
And because there were a lot of Irish customers, the pub felt very much like home.
Tonight was Sean's 10th night on the job.
It was only eight o’clock and the bar was already packed.
A Bulls game had started on the big tv screen.
A moment/day later, a big fight broke out.
This happened very often in the pub.
However, Sean didn't mind it at all; it reminded him of home.
And besides, fights usually ended peacefully in the bar.
Typically, people would order more beer to celebrate the peace.

Dorothy was preparing to watch a baseball game on TV.
She had been gardening the whole day.
She felt that she deserved a break.
She installed herself on the couch.
The popcorn and coffee were within reach.
The remote control was in her hand.
At seven o'clock, she turned on the TV.
She grabbed some popcorn and started watching the game.
A moment/day later, she heard a loud bang.
It was an enormous thunder shower.
It was the time of year when storms were common.
Actually, Dorothy liked the occasional thunderstorm.
She only hoped that the streets wouldn't get flooded again.

Amy wanted to be a professional violinist.
Every day, when she came home from school, she would practice for a couple of hours.
Her mother warned her not to overdo it.
But Amy was very determined.
You had to work real hard to be a musician.
She had had a busy day at school.
But when she came home, she picked up her violin and started practicing.
A moment/day later, the doorbell sounded.
It was one of Amy's friends, who invited Amy to her birthday party.
Amy said she didn't have time for fun.
But she quickly changed her mind when her classmate said that she wanted Amy to play the violin on her party.

Tom was feeling a bit depressed today.
He had promised a friend to write a column for a senior magazine, which was due next week.
He had absolutely no idea what to write about.
He took his granddaughter out to see Jurassic Park.
They had heard that the dinosaurs were very life-like.
At seven o'clock, the movie started.
A moment/day later, Tom got an idea.
He would write a column on bonding with grandchildren.
He went to the library, and borrowed some books on intergenerational relationships.
There was so much information, that the column practically wrote itself.

David and his wife went to the museum.
There was an exhibition of impressionist paintings, that David's wife was anxious to see.
David loved those trips to the museum.
He and his wife could spend hours staring at the pictures.
Every time they looked they discovered something new about them.
What else could you expect from an artist couple? They entered the museum early in the morning. A moment/day later, David had a thought. He would make a painting for their anniversary. That way, they could share their love for art at home. They could just look at David's paintings. How hard could it be anyway, to make a painting?

Sandra worked as a bank teller. She had just returned from a vacation. She had made a trip to Orlando. She was still very excited about the trip. She thought about the trip the whole time, while performing her daily routine at the bank. Sandra counted the money, starting with the large bills. She put the money away and opened up her booth. A moment/day later, a gunshot sounded. Three masked persons entered the bank. Fortunately, the bank was monitored by cameras. A few weeks later, the police managed to recover the money. However, the bank personnel remained on edge for some time.

Joe was on his way from the United States to Italy. His ancestors came from Sicily, and he had always wanted to find his roots. The plane had just reached a cruising altitude. Another six hours, and Joe would be in Italy. The flight attendants were serving drinks and snacks. Joe did not want to start drinking coffee right away. Therefore, he just had some orange juice. A moment/day later, Joe heard some great news. Somebody said that the pope was going to visit Sicily. Being a true Catholic, it was Joe's ideal to see the pope. Joe decided to take as many pictures as possible. Oh, how his relatives would envy him!

James was an established novelist. However, lately, he had been experiencing a writer's block. He had not written a page in weeks. He decided to change his approach. From now on, he would systematically write one page a day. A day later, James got up very early. After drinking two cups of coffee, he entered his study. James turned on his PC and started typing. A moment/day later, the telephone rang. It was James' friend Warren. Warren invited James to a game of golf. James quickly agreed. He jumped at every opportunity to finally beat his friend.
Irene had taken up photographing as her new hobby. She had always felt an artistic drive, but had never been able to express it. Photographing might just be the thing. Today, she was out in the countryside. She wanted to spend the afternoon taking pictures. There were some wild flowers that would make good subjects. Irene mounted her lens. She went looking for the flowers. A moment/day later, it started to rain. The rain came pouring down. It seemed to rain all the time in Seattle. Irene was born in Phoenix, Arizona and at moments like these, she missed the desert heat.

Teresa was a member of the local theater company. Today, they were having the dress rehearsal for Hamlet. Teresa starred as Ophelia, and she was thrilled to be the leading lady in such a famous play. The play would premier in just a week. Teresa had been very nervous for the past few days. She hadn't slept for nights, nor could she eat. Teresa put her Ophelia dress on and entered the stage. A moment/day later, Teresa collapsed. The lack of food and sleep had taken its toll. Teresa was rushed to the hospital. The doctor told her to take it easy for a while, and to forget about the play.

Kay was a ski instructor in Wyoming. Kay always spent the first two hours on an easy slope, which was near the ground station. She always taught a beginners' class. Kay preferred beginners' classes, because beginners improve so much over the course of a few lessons. This week, Kay had a small class, only eight people. Kay watched as her students made their curves. A moment/day later, she heard a loud noise. An avalanche was thundering down a slope. It barely missed the town and the ski slopes. Later on, they found out, that the avalanche had been caused by some reckless tourists.

Bill was on his way from Tampa to Tallahassee. He was going to spend a week at his son's house. He was a computer programmer. Besides, Bill wanted to go to the football game. He made sure he had some snacks and drinks handy in the car, as well as some Vivaldi tapes. These would make the driving a bit more entertaining. At four o'clock, Bill drove up the interstate. A moment/day later, he grunted in anger. He had forgotten to lock his condo. This was never a good idea in a city like Tampa. He decided to call his landlord and ask him to lock the apartment. Bill would hate to lose his expensive stereo.
Mike was taking an undergraduate course in statistics. He had always hated numbers. But, being a psychology major, he had to take stats. Today was the first day of the new semester. Mike would be exposed to his first two hours of statistics. Fellow students had told him that stats wasn't too hard. The thing was not to be intimidated by all those numbers. As the teacher started talking, Mike made notes. A moment/day later, Mike began to feel sick. It was probably the chicken he had had for lunch. Mike decided to avoid eating chicken from now on. He had always wanted to be a vegetarian, and perhaps this was a good start.

Today was the grand opening of Maurice's new art gallery. He had invited everybody in town, who was important in the arts. Everyone who had been invited had said that they would come. Fortunately, it was a sunny evening. It seemed like the opening would be a big success. At seven o'clock, the first guests arrived. Maurice started to welcome the guests. A moment/day later, he turned very pale. He had completely forgotten to invite the local art critic. And sure enough, the opening was very negatively reviewed in the weekend edition of the local newspaper. Maurice decided to take some Advil and stay in bed the whole day.

Jack decided that it was time to paint his fence. He felt that painting was a chore. But it would be cheaper to do it himself, rather than paying somebody else. So Jack bought some white paint. It would take him only a few hours to do the job. He decided to start early, because then it was not too hot. Jack got his brush and started painting. A moment/day later, his wife Joan called him. She had just received a phone call from their son in law. He told Joan that their grandchild was born. It was a girl named Jacqueline, after her grandfather. Jack and Joan were overwhelmed with joy.

Fillers

Steve went from a plumbing job to the market to buy food. He had just finished a repair and was trying to hurry up. He had promised his wife to bring home fresh fish. He had to cross some busy streets and then try to find a place to park his car. Rush hour had already started. Steve was looking forward to a seafood dinner.
His wife was especially good at cooking grouper.
Steve went as fast as he possibly could.
Steve reached the market as some merchants were putting away their merchandise.
His favorite fish merchant was still selling fish.
Steve chose a fresh looking grouper filet.
The meal would be delicious.
Steve was very content.

The homeless man was walking from the bridge to the shelter.
He had enjoyed the scenery, but now it was getting cold.
He could not stay outside all day.
He also needed something to eat.
His last meal had been the day before.
He had not had a shower in two days.
The cold started creeping into his body.
The homeless man started to walk faster.
The homeless man got to the shelter before the wind picked up.
Shivering and hungry, he went inside.
There were just a few spare beds left for people to spend the night.
Somebody gave the homeless man a plate with food.
The man finished his plate in five minutes.

Jim was driving his motorcycle from his office at the music studio to the gym.
He was looking forward to get some exercise.
Some of his friends had visited him over the weekend.
They had spent most of the weekend drinking and eating fast food.
Jim felt as if he gained five pounds during the weekend.
He desperately needed to get back in shape again, because he had met a nice girl he wanted to go out with.
She had an athletic build and told him she likes muscular men.
At the thought of her, Jim roared his motorcycle around the corner.
He got to the gym in time for Taebo class.
After the class he lifted some heavy weights.
And concluded his workout on the treadmill.
He looked in the mirror and was pleased with himself.
He would ask the girl out on a date tomorrow.

Dmitri went rollerblading from the pool where he did his daily swimming routine to his condo.
He was glad he had his roller blades on.
A computer system was supposed to be delivered this afternoon.
It was the most sophisticated computer system he had ever seen.
Dmitri had lost track of the time.
Now he had to make up for it.
He hoped he had not missed the delivery man.
Dmitri took a short cut down the stairs to save some time.
When Dmitri got to his condo he saw the delivery truck.
His roommate happened to be home and had opened the door.
Dmitri only had to sign for the delivery.
Then he could install and try out his new computer system. Dmitri thanked his roommate for taking care of the delivery.

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Lakisha went from the children's hospital to the courthouse in her police car to testify. A day earlier she had arrested a man for possession of illegal drugs. This man had kidnapped a child and was in a stand-off while Lakisha tried to negotiate an agreement. When the stand-off was over, the poor child was in shock. It made Lakisha angry to think about the man who did this to the innocent child. She hoped the man would be sent to jail for a long time. Suddenly, Lakisha was dispatched and had to go out on a call. She put the siren on and accelerated. A couple of minutes later, the dispatch was called off. Another police officer had taken care of the situation. Lakisha resumed her course to the courthouse. She was just in time to see the suspect being led in. He looked scared, and Lakisha could not help feeling sorry for him after all.

Jake and Howard were at the football stadium. They were there to watch the Seminoles play the Gators. Jake wanted the Seminoles to win. Howard, being born in Gainesville, wanted the Gators to win. They decided to have a good time no matter what the outcome would be. The stadium was filling up with both Seminole and Gator fans. The moment the game started all fans were cheering. Jake was cheering with all his heart. A moment later, he looked behind him. A girl had fallen a row down. Her nose was bleeding but otherwise she was ok. She was embarrassed about the commotion. But soon started cheering again like everyone else.

It was almost Christmas and Diane had not finished her Christmas shopping yet. She had to buy presents for four more persons. One present was going to be for her husband.
She wanted to get him an Austrian pipe he had been longing for. However, this pipe was not easy to find. She had already checked several stores without any luck. This time, she was going to try the Mall. She entered the Mall, determined to try every store. An hour later, she skidded across the floor. It had just been mopped and was very slippery. Diane hurt herself bad. No more shopping for me today, she told herself. She went home disappointed.

Amber was walking from the university where she had just finished a class to the clinic for an appointment. She had to get her Hepatitis C shot. Amber was hoping she would be done quickly. Her next class would start in an hour. This would give her little time to get everything done she needed. Amber met a friend while walking. They talked for a little while but then Amber realized she was running out of time. Amber hastened her pace. When Amber went in the clinic she saw it was not busy. It took only a couple of minutes before Amber got her shot. The shot was hurting a lot. Amber decided to get a snack before her class. The snack distracted her from the pain.

Henry was doing laundry at the laundromat. His own washer had broken over the weekend. He could not get a repairman down until later in the week. So now he had to get his clothes washed before his washer could be fixed. It was not very busy. He could get his laundry done in an hour or so. He put his dirty clothes in the washer. And started the washing cycle. A moment later, he heard a strange sound. It was as if a metal object was stuck in the washer. Henry opened up the machine and looked around. Sure enough, he had left his pocketknife in his pants. He took it out and continued the washer cycle.

Elvira and her husband Ed were on a cruise to the Bahamas. They had saved up money for years to do this. Now that Ed was retired, they had finally time to do things like this. They were having a good time. During the day they relaxed at the pool. Evenings were usually spent onshore. Today, Elvira wanted to work on her tan. She installed herself on a lounge chair and let the sun do its work.
A moment later, a voice sounded over the speaker phone. A child of one of the guests had fallen off the cruise ship in the water. Everybody was instructed to look for the child. Soon it was found and brought aboard the ship. Fortunately, the child could swim and managed to get to the rescue ring by itself.

Mildred was a volunteer at a local hospital. She gave directions to visitors to the patient rooms. Sometimes, she did activities with patients who got bored. She really enjoyed helping other people. Mildred felt she could make a difference in other people's lives. Today was a particularly busy day at the hospital. It was family day and people had been pouring in all day. Mildred was sitting at her desk, answering questions as best she could. A moment later, the volunteer coordinator came in. She wanted to talk to Mildred for a minute. When she took Mildred aside, the coordinator thanked Mildred for doing a good job. She realized Mildred could not do it all on her own. The coordinator went behind the desk with Mildred and helped out.

Jill and Mohammed took the bus from the train station to the motel they had booked. They had just arrived in town after a long train trip to Miami. From Miami, they would go on a boat cruise the next day. They had just gotten married the day before. Now they were on their honeymoon. Right now, they felt they needed to freshen up and rest. Jill asked the bus driver how much longer they had to go. The bus driver said he would get there as fast as he could. Jill and Mohammed arrived at the motel a little while later. They were pleased with their room because it had a nice view over the ocean. They could not decide whether to go eat or go to the beach first. Finally, they chose to go to the beach. They looked forward watching the sunset.

Myra was driving from the grocery store where she had bought some food to her job at the practice. She looked at her watch and panicked. At 1 o'clock she was supposed to meet a new client and it was already 10 minutes before 1. She did not want to come late for her appointment. To save time, she ate her sandwich while driving her car. Traffic was extremely busy today. Myra hit another red light. When it finally turned green, Myra stepped hard on the gas pedal. When Myra arrived at the practice there was a message on her answering machine. It was from her client indicating he would be a little late for their appointment. He had been stuck in traffic for a while. A traffic accident had blocked traffic on the road he had to cross. Myra let out a sigh of relief.
Julia was riding her stroller with her infant daughter, Peggy, from the Zoo to the child care nursery. She had taken the morning off from work to spend some quality time with her daughter. The sun was out, the daylilies were in full bloom, and there was a nice breeze. Julia was humming and enjoying her stroll. She really enjoyed her time together with her little girl. She thought she should do this more often if she could. Perhaps her husband could join her one time and make it a family day. Her daughter started to whimper and Julia picked up her pace. Julia checked Peggy's diaper after she got in her daughter's nursery. Sure enough, the diaper needed to be changed. Julia took care of it, then handed over her daughter to the teacher. She blew Peggy a kiss, then left. Julia felt very happy to be a mother.

Mike, his wife Joan and their two children were heading to the park. They were going to have a family reunion and hang out at the lake. All family members were going to meet for the first time in 5 years. Everybody was looking forward to it. Mike was curious about his nephews and nieces he had not seen since they were babies. At the park everybody embraced each other and started exchanging stories. When it was starting to get warm, the first people got into the water. Mike went into the boat to row with his children and nephews. An hour later, somebody made a loud scream. It was a nephew who spotted an alligator near the boat. Mike kept his cool and rowed back to shore. The children were crying. The alligator had disappeared under water.

Brandon went from the body shop to his house in the suburbs. He wanted to speed up. It was his daughter's Miranda second birthday. Brandon's boss had kept him working longer than expected. Under no circumstances, Brandon wanted to miss his daughter's birthday party. He had bought her a teddy bear. Bears were his daughter's favorite things. Brandon went through a red light to make it in time. When Brandon came to his house, the birthday party had just started. As soon as Miranda saw her father, she jumped in his arms. Do you have a surprise for me? she asked Brandon. Brandon gave her the teddy bear. Miranda was very happy with it.

Kelly was skiing cross-country from the lake to the cabin. She was glad it was an easy trail to follow because she had to hurry up. The sun would set soon and she did not want to ski in the dark. When she had started the trail she had lots of energy. But now she was getting tired. She got out a candy bar from her pocket.
That would give more energy.
Kelly picked up the pace.
Kelly got to the cabin just as the sun begun to set.
The sky was all purple and red.
Before she went inside, she took off her skis and boots.
Inside, she made some hot chocolate.
The hot and sweet liquid was soothing to Kelly.