

Affirmation Measures

Reed, M.B., & Aspinwall, L.G. (1998). Self-affirmation reduces biased processing of health-risk information. Motivation and Emotion, 22, 99-132.

For each item: ___ YES ___ NO

IF YES, EXAMPLE:

The Affirmation Condition Survey

Personal Attributes Inventory

1. Have you ever forgiven another person when they have hurt you?
2. Have you ever been considerate of another person's feelings?
3. Have you ever been concerned with the happiness of another person?
4. Have you ever looked out for another person's interests before your own?
5. Have you ever been generous and selfless to another person?
6. Have you ever attended to the needs of another person?
7. Have you ever tried not to hurt the feelings of another person?
8. Have you ever felt satisfied when you've helped another person?
9. Have you ever gone out of your way to help a friend even at the expense of your own happiness?
10. Have you ever found ways to help another person who less fortunate than yourself?

The No-Affirmation Condition Survey

For each item: ___ YES ___ NO

IF YES, WHY?

Personal Opinion Survey

1. I think that the color blue looks great on most people.
2. I think that chocolate is the best flavor for ice cream.
3. I think that winter is the most satisfying season during the year.
4. I think that the most aromatic trees in the world are pine trees.
5. I think that cooking is an important skill to possess.
6. I think that house plants help to brighten a home.
7. I think that sewing is an important skill to possess.
8. I think that the beach is a great place to vacation.

9. I think that the subway is the best form of public transportation.
10. I think that fruit makes the best dessert.