

Self-affirmation Narrative Exercise



Directions: When participants respond “yes” or “no,” they should be asked to provide specific examples of their behavior. This exercise is appropriate for most middle-school-aged youth.

	Yes	No	Example:
Have you ever forgiven a person when they have hurt you?			
Have you ever cared about a person’s feelings?			
Have you ever stood up for a person?			
Have you ever said sorry to a person after you had hurt them?			
Have you ever found ways to help somebody who was having a problem?			

Developed by Sherry Hamby, Zach Blount, & Anya Shalun based on an exercise in Armitage, C., & Rowe, R. (in press). Evidence that self-affirmation reduces relational aggression: A proof of concept trial. *Psychology of Violence*. This version has a Flesch-Kincaid Grade Level of 4.7