Spontaneous self-affirmation is associated with psychological well-being: evidence from a US national adult survey sample


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Figure 1
Correlation of Self-Affirmation with Facets of Well-Being

Affect: Happy
Affect: Sad
Affect: Anxious
Affect: Angry
Affect: Hopeful

Optimism
Health Efficacy
Subjective Health
Overall Effect*

Note. *The overall effect computed using the absolute value of negative associations