



The Development of Scenarios to Induce Defensiveness

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Purpose: We are developing scenarios in hopes to induce participant defensiveness. The scenarios will be used in future research to study how self-affirmation affects emotion regulation in a variety of situations.




Scenario One: Imagine that you just found out that you failed a really important test in your favorite class because you decided to go out the night before instead of studying. You did not prepare for the test at all and are disappointed that you did not do better. The professor calls you into her office to discuss your performance and says that they are very disappointed in you and that you will need to retake the course.




Scenario Two: Imagine that you have been an excessive vaper for a few years. Recently you've noticed that you are out of breath while walking across campus and are having difficulty working out. You go to the doctor and they tell you to quit vaping now or you could have permanent heart and lung damage.



Scenario Three: Imagine that your partner has told you that they need some space because they feel like you are too clingy. They say you text too often and don't let them hang out with their friends alone. Your partner tells you that if you don't change your behavior, then the two of you will need to break up.



Scenario Four: Imagine you and your roommates go out to bars and parties just about every weekend. You get pretty intoxicated every time you go out and you assume that your friends do as well. Last night, you got extremely intoxicated and had to be taken back to your apartment early by one of your friends. This morning, you woke up hungover and came out of your room to all of your roommates sitting in the living room looking a mixture of concerned and annoyed. Your best friend starts off by saying that your drinking is becoming "too much" for everyone and that they no longer want to go out with you.



Scenario Five: Imagine it's your friend Daniele's birthday and you are planning to go to a special dinner for her. The day of her birthday dinner your crush invited you to a big party and you tell Daniele that you will just meet up with her at the party after dinner. The next day she calls you out for choosing a person you're interested in over her, when you have been best friends your whole life.

Individual difference measures:

Self-motives Scale (Gregg et al., 2011)
Spontaneous Self-Affirmation Measure (Harris et al., 2019)
Emotion Regulation Scale (Gross & John, 2003)
Trait Self-Control Short Form (Tangney & Baumeister, 2004)
Self-compassion Scale (Raes et al., 2011)
Rosenberg Self-esteem Scale (Rosenberg, 1965)
Hypersensitive Narcissism Scale (Hendin & Cheek, 1997)

Follow-up questions:

How would you respond to X? Open-ended
What emotions would you feel? Open-ended
How likely would you be to change your behavior? 0 not at all, 7 extremely likely
How likely would you be to justify your actions? 0 not at all, 7 extremely likely
How likely would you be to take accountability for your actions? 0 not at all, 7 extremely likely
Have you been in a similar situation before? Yes/No
If so, how did you respond? Open-ended