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

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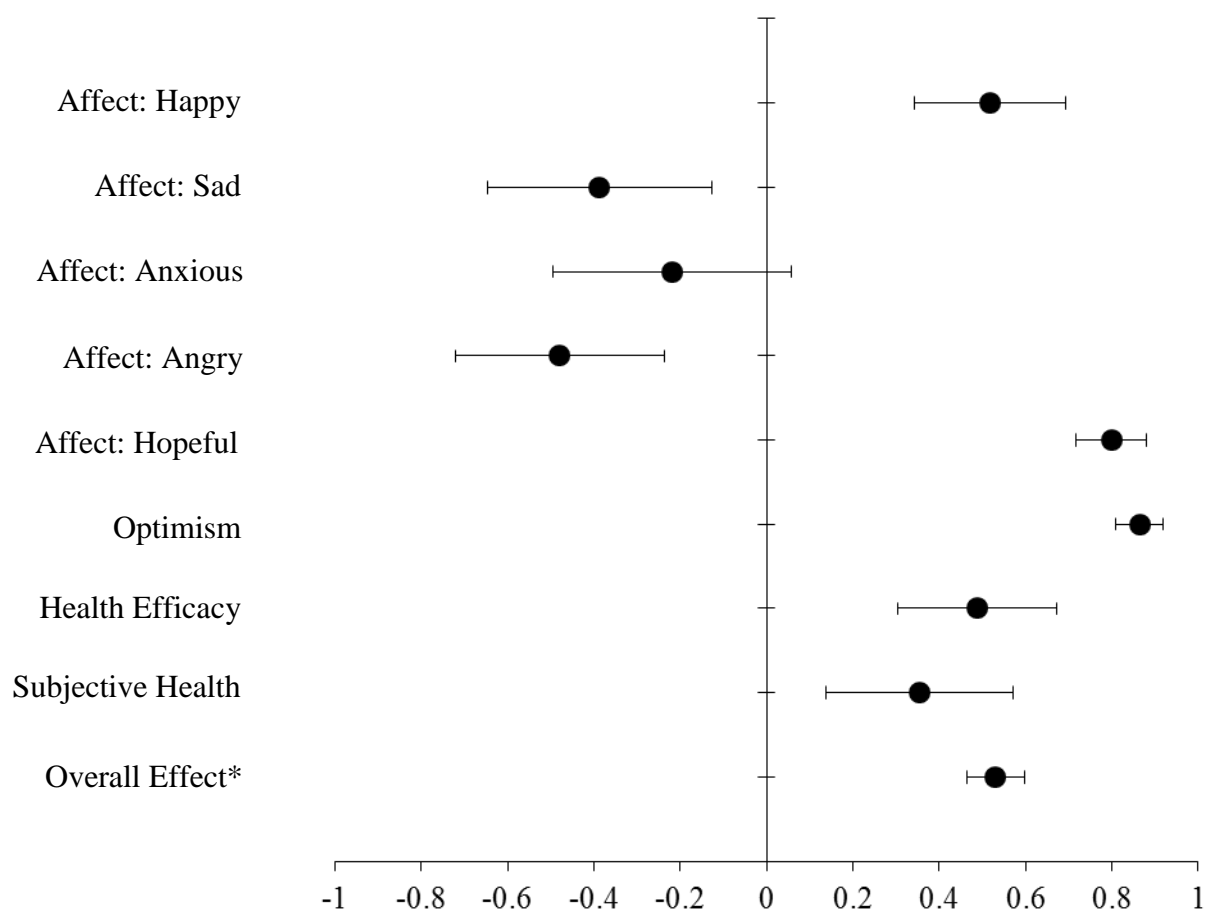
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Figure 1  
*Correlation of Self-Affirmation with Facets of Well-Being*



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