

## **Self-affirmation boosts social confidence:**

August 17, 2011

***Toronto Sun:***

It may sound like another version of “I’m good enough, I’m smart enough and, doggone it, people like me,” but some Canadian researchers say self-affirmation has real-life social benefits.

“Self-affirmation seems to provide a psychological buffer for insecure people, allowing them to put aside social fears and anxieties and behave in more warm and inviting ways,” University of Victoria psychologist Danu Anthony Stinson said in a study released this week.

Read the whole study: [\*Toronto Sun\*](#)