Autobiographical Storytelling Self-Efficacy Scale

(AKA) Confidence in Storytelling

For many people sharing stories about their lives is a routine experience. This goes for both with the mundane events (ex. "how was your day?") and the larger, important events we recall (ex. "what is an event that helps explain who you are today?"). However, there can be differences in how confident people are in being able to share life stories.

The following items ask you about your confidence in organizing and framing and finding meaning in life stories. Please indicate how confident you are with each of the following types of storytelling. There are no right or wrong answers.

0 10 20 30 40 50 60 70 80 90 100 Cannot do at all Moderately can do Highly certain can do

Sharing Personally Meaningful Stories of Your Life

- 1. Share a meaningful life story that includes a great deal of details about what happened and what you were thinking and feeling
- 2. Share a meaningful life story that has <u>clear organization</u>, with details going from beginning to middle to end, without needing to make side notes or getting off-track
- 3. Share a meaningful life story that <u>establishes connections</u> between what happened in that past event and who you are as an individual today
- 4. Share a meaningful life story that showcases your <u>personal goals</u>, assertiveness, and control over the situation
- 5. Share a meaningful life story that showcases goals for connecting with others, being emotionally close with others, and being supported by close others
- 6. Share a meaningful life story that shows <u>ways you have grown</u> as an individual following that experience.
- 7. Share a meaningful life story that shows <u>new insights or values</u>, because of your experience with that event.
- 8. Share a meaningful life story that could be ended with positive closure and resolution.
- 9. Share a meaningful life story with a loved one or someone close to you.
- 10. Share a meaningful life story with a stranger or acquaintance you do not know well.

For scoring: All items should be composited for a single, averaged score. All items are scored in the same direction, such that higher values should indicate greater self-efficacy.

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