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MEASURING PERCEPTIONS OF SELF AND OTHERS IN WHAT PEOPLE SAY: A REPLICATION AND EXTENSION OF THE FUNCTIONAL SELF-DISCRIMINATION MEASURE

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Abstract

The Functional Self-Discrimination Measure (FSDM) is a method of coding a speaker's verbal discrimination of their own behavior based on Relational Frame Theory (RFT) that predicts wellbeing 6 and 12 months later (Atkins & Styles, 2016). In this study, we replicated our original findings with a new sample, and expanded the coding scheme to include verbal discriminations of the 'other'. In addition to Value Oriented Self-Rules and Self-as-Context, we show Other-as-Context also predicts long-term wellbeing. Further, we

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