

The reasons behind the proposed research. The proposed research addresses a timely need to find ways of preventing political radicalization among members of marginalized social groups. In the globalizing world, complex intergroup interactions provide ubiquitous occasions for members of one group to feel excluded by members of another group. Some people see even unintentional intergroup exclusion as threatening to their group image and advocate aggressive retaliation and punishment to the entire group that excluded them. Such people are likely to form or be recruited by extremist organizations that engage in political aggression (Williams, 2012). People in such radicalized organization score high on the Collective Narcissists Scale (Golec, 2017; Jaško, et al., 2017). They agree that their group's importance and true worth is not sufficiently recognized by others, concur that their group deserves privileged treatment, and expect that their group obtains its due acknowledgement and respect. The aim of the proposed research is (1) to examine whether collective narcissists aggress after intergroup exclusion because they feel particularly distressed by this experience and (2) to test alternative and constructive ways of reducing their distress, and aggression, in face of exclusion. Especially, the project plans to test whether mindful gratitude meditation reduces collective narcissistic distress and aggression in face of intergroup exclusion. Mindfulness is a practice of non-judgmental attention to the present experience which often includes practice of prosocial emotions such as compassion, loving-kindness or gratitude (Brown & Ryan, 2003; Kabat-Zin, 1982). It fortifies against feelings of threat and distress in face of adversity. Mindful practice of prosocial emotions reduces prejudice (Kang, et al., 2014), but it is not known why this practice is effective and whether it may be effective to reduce aggression among people who, like collective narcissists, are prejudiced and prone to intergroup aggression. Results of a large pilot study (N = 569) showed that collective narcissist who took part in 10-minutes guided, mindful gratitude meditation - grateful appreciation of the present moment - were less prejudiced because they were less prone to perceive another group as a source of threat. Such promising results warrant further investigation of mindful gratitude meditation as an intervention to reduce intergroup aggression of collective narcissistic members of marginalized groups. The planned research aims at testing two hypotheses: *Hypothesis 1* that collective narcissists feel particularly distressed after their group is excluded by another group. However, they do not acknowledge this distress and they do not know how to deal with it constructively. Instead, they aggress against the excluding group which helps them to reduce the distress and *Hypothesis 2* that mindful gratitude meditation offers an alternative way of reducing collective narcissists' distress in face of intergroup exclusion and therefore reduces their aggression.

Methods of the planned research: To test these hypotheses we plan a series of experimental studies. We plan to put collective narcissists in a situation in which they believe their group is excluded from a virtual ball game played with another group (because members of that group do not pass the ball to them). This method, known as Cyberball paradigm, was used in multiple studies simulating interpersonal and intergroup exclusion (Williams, 2012). To test that our findings generalize outside this situation, we will use also an alternative, fantasy role playing game and allocate participants to new groups that will include vs. exclude each other in ruling of a fantasy world. We tested this game in a study which showed that participants behave in it like in Cyberball game. After the game, we plan to ask collective narcissists how they felt and, concurrently, measure neural (activation of pain regions in brain) and physiological indicators of distress (dilation of pupils, changes in heart rate and breathing patterns and cortisol level). In order to assess whether distress after exclusion increased their aggression, we plan to provide collective narcissists with an opportunity to intentionally harm a member of the group that excluded them. We plan to use several methods to assess aggression: as intentional punishment of another player with a blast of white noise (this method was used in previous studies as ethically acceptable and reliable behavioral measure of aggression), or as symbolic aggression against another group by sticking pins in Voodoo doll representing its member, or as intentionally withdrawing help when another group is in need in a role playing game. In order to test the second hypothesis, we plan to compare distress and aggression among excluded collective narcissists who did vs. did not participate in a mindful gratitude meditation. We expect that mindful gratitude meditation decreases collective narcissists' distress in face of exclusion and, therefore reduces their aggression. We plan to compare the effectiveness of mindful gratitude meditation to other known interventions to reduce hostility: mindful attention practice (which decreases reliance on automatic associations and reduces automatic prejudice), recalling gratitude experience (which reduced interpersonal hostility), imagining pleasant contact with members of another group (which reduces prejudice) or to affirming one's own values (which reduces interpersonal aggressiveness among individual narcissists who exaggerate their own, rather than their group's importance). In addition, we plan a longitudinal study, lasting 12 weeks. Participants will take part in a daily, guided, mindful gratitude meditation supported by a telephone app. They will report their mood daily. They will be examined at 4 points during the intervention when their distress and aggression in face of exclusion will be assessed. Multiple waves of measurement will allow us to test how the effects of mindful gratitude meditation on collective narcissistic distress and aggression evolve and how long they last.