



BEVERLY



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ARMITAGE & CONNER, 2001; HAGGER ET AL., 2003

8

SELF-REGULATION

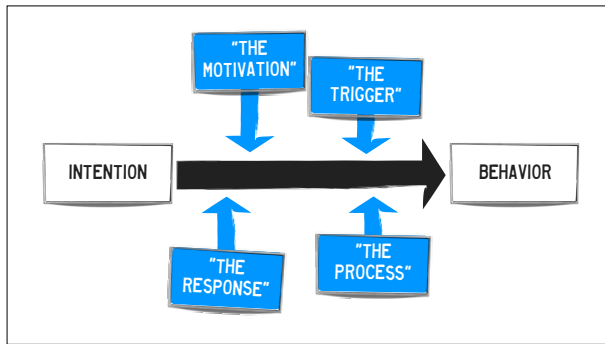
THE PROCESS OF MONITORING AND CHANGING OUR BEHAVIOR WHEN OUR NORMALCY IS INTERRUPTED.

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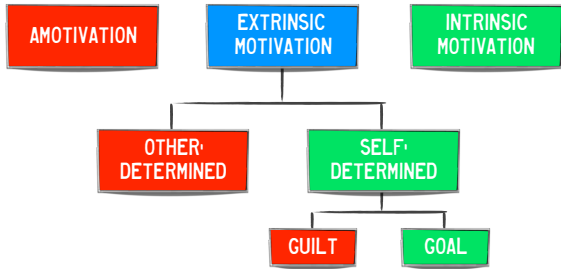
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MOTIVATION

GENERAL DRIVE TO CHANGE OR ACT IN A PARTICULAR WAY.

DIFFERENT KINDS

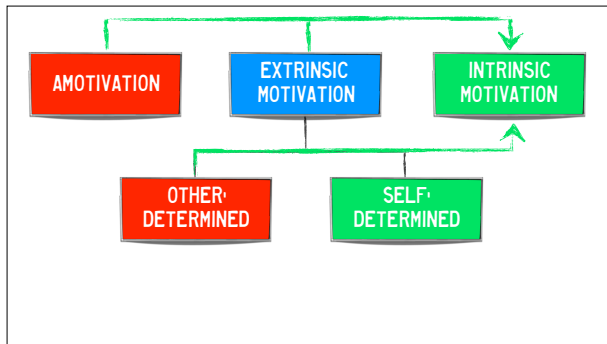
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3 SOURCES OF IM

- TO KNOW: LEARNING FOR ITS OWN SAKE
- TO ACCOMPLISH: MEETING OPTIMAL CHALLENGES
- TO EXPERIENCE STIMULATION: FUN AND PLEASURE

DECI & RYAN, 1985

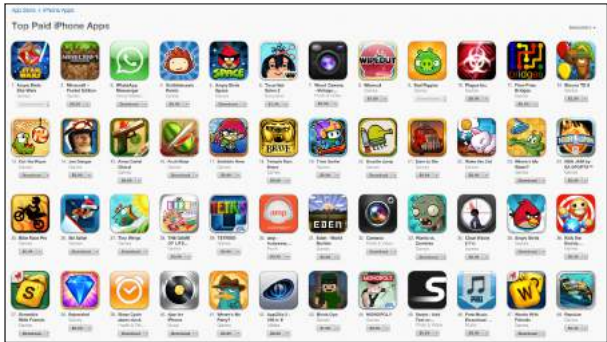
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I TRY, WOULD TRY TO _____
ON A REGULAR BASIS

1. BECAUSE I ENJOY _____.

2. BECAUSE IT'S FUN.

EAT HEALTHY.
EXERCISE

LOSE WEIGHT

PASSING ON DESSERT.
GOING TO THE GYM

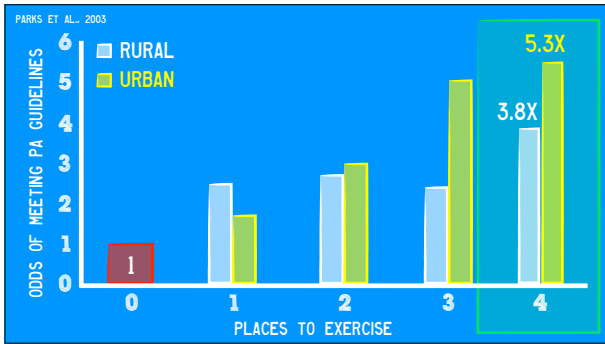
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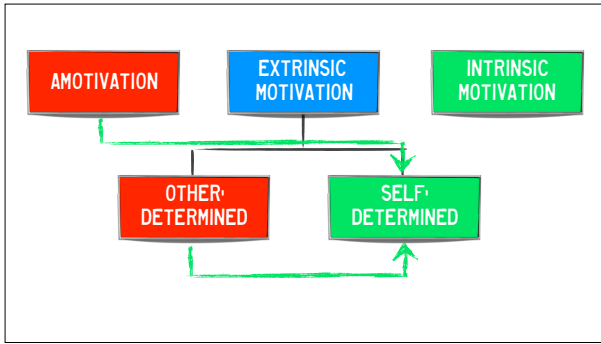


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3 INNATE NEEDS

AUTONOMY	TO BE THE ORIGIN OF OUR OWN ACTIONS SELF-DETERMINED
COMPETENCE:	DEMONSTRATE AND EXERT CONTROL OVER OUR ENVIRONMENT
RELATEDNESS:	NEED TO BE IN CARING RELATIONSHIPS PLACE IN SOCIAL ORDER

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MEANINGFUL RELATIONSHIPS

28



ENJOYABLE & AUTONOMOUS

29

PA COMPENDIUM



SITES.GOOGLE.COM/SITE/COMPENDIUMOFPHYSICALACTIVITIES

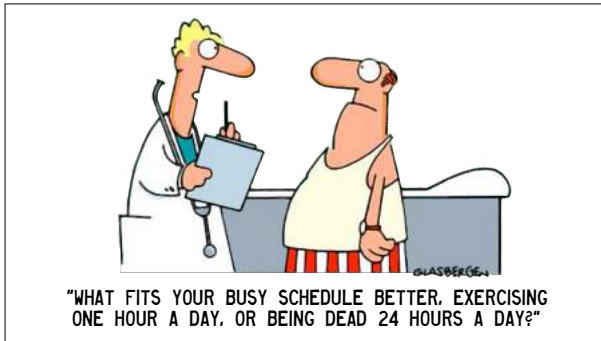
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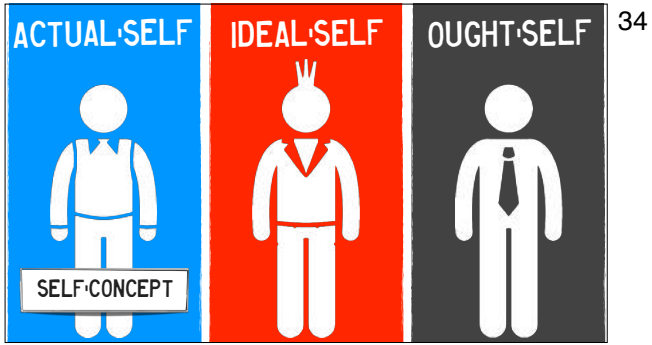
"THE TRIGGER"

32

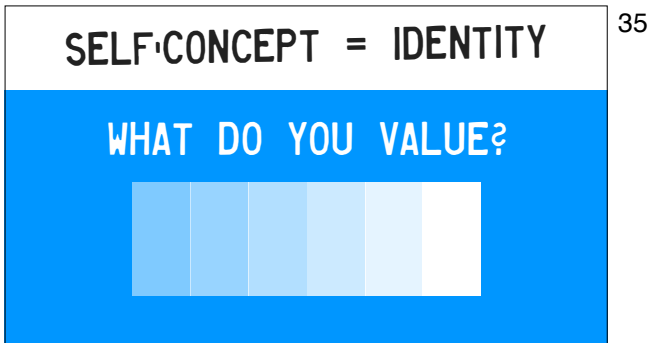


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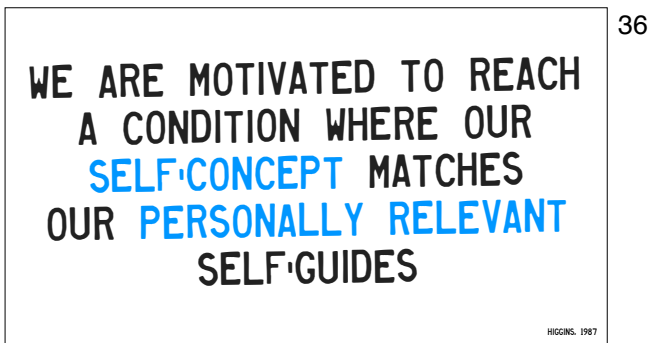
WHY ARE SOME DISCREPANCIES
"TRIGGERS," AND OTHERS ARE NOT?



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SELF-PRESERVATION

ATTEMPT TO SUSTAIN AND RESTORE THE PERCEIVED INTEGRITY AND **VIEW OF SELF**

37

BEHAVIOR CANNOT BE UNDERSTOOD WITHOUT CONSIDERATION TO A STANDARD

38

STANDARD?



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TEACHABLE MOMENTS

REDEFINES
SELF-CONCEPT

PERSONAL RISK
+/- OUTCOMES

EMOTIONAL
RESPONSE

MCBRIDE, EMMONS, & LIPKUS, 2003

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"THE RESPONSE"

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SUCCESSFUL COMPARISON



POSITIVE
FEELINGS

MOTIVATION CONTINUES

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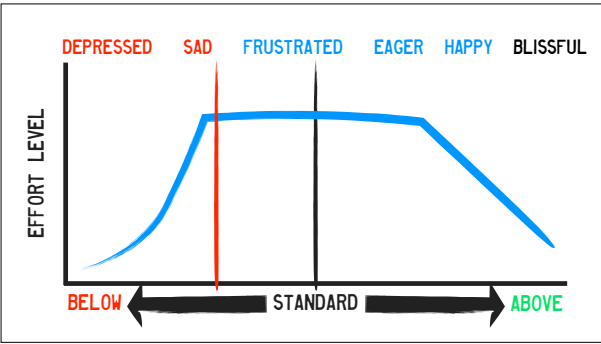
UNSUCCESSFUL COMPARISON



NEGATIVE FEELINGS

CHANGE, GIVE UP, TRY HARDER

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EMOTIONAL RESPONSE

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★ THE BEHAVIOR CAN LEAD TO NEGATIVE FEELINGS

DEAR DIET,
THINGS JUST AREN'T GOING TO
WORK BETWEEN US. IT'S NOT ME,
IT'S YOU. YOU'RE TASTELESS,
BORING, AND I CAN'T STOP
CHEATING ON YOU.



EMOTIONAL RESPONSE

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- ★ HOW GOOD DOES 'HEALTHY' OPTION TASTE?
- ★ PASSING UP FAST FOOD WHEN IT IS WANTED?
- ★ BRING A SALAD TO WORK?

CAN RESULT
IN REPROACH

"I WILL NEVER DIET AGAIN!"



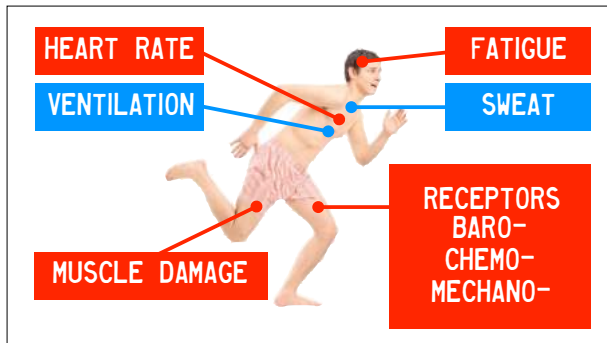
EMOTIONAL RESPONSE

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★ THE BEHAVIOR CAN LEAD TO NEGATIVE FEELINGS

I'M FAIRLY CERTAIN MY EFFORTS
TO GET INTO BETTER SHAPE HAVE
BEEN SOMEWHAT HINDERED BY
MY DEEP SEEDED HATRED
OF EXERCISE.





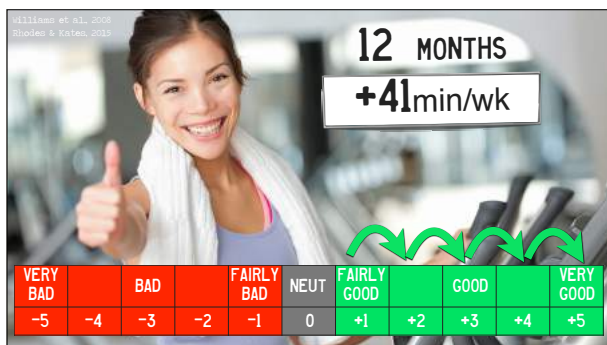
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SUBJECTIVE EXERCISE EXPERIENCE

WELL-BEING	FATIGUE	DISTRESS
STRONG	EXHAUSTED	CRUMMY
GREAT	FATIGUED	AWFUL
POSITIVE	TIRED	MISERABLE
TERRIFIC	DRAINED	DISCOURAGED

MCAULEY & COURNEYA 1994

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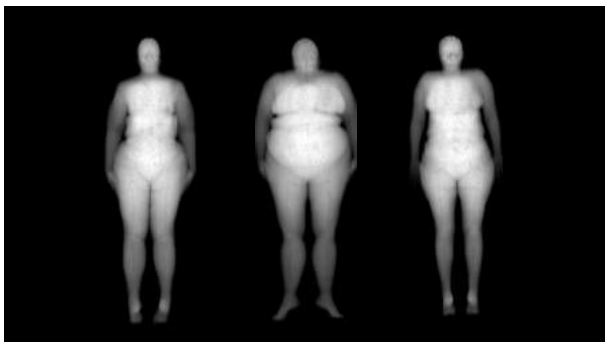


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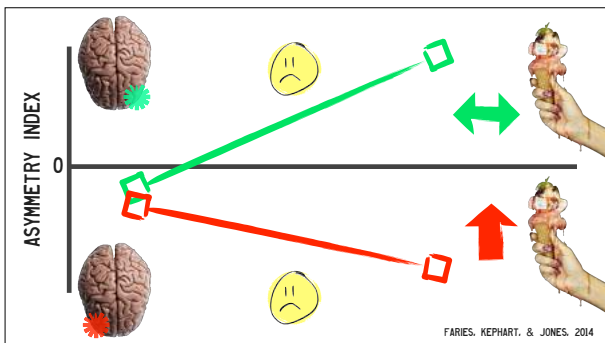
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FRAMING EFFECTS

"IF YOU EXERCISE REGULARLY, YOU WILL BE HEALTHY."

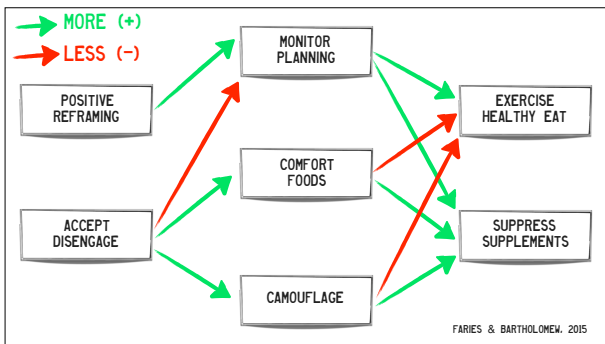
"IF YOU DON'T EXERCISE REGULARLY, YOU WILL DIE!"

GALLAGHER & UPDEGRAFF, 2012

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BEHAVIOR IS COPING?

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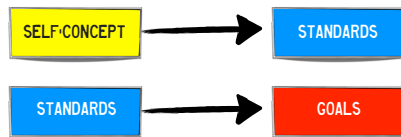
"THE PROCESS"

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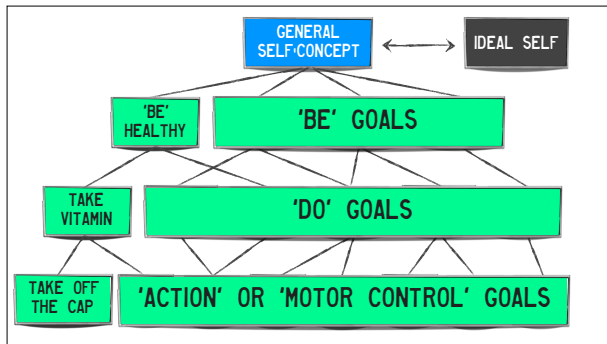
WE ARE MOTIVATED TO REACH
A CONDITION WHERE OUR
SELF-CONCEPT MATCHES
OUR PERSONALLY RELEVANT
SELF-GUIDES

Higgins, 1987

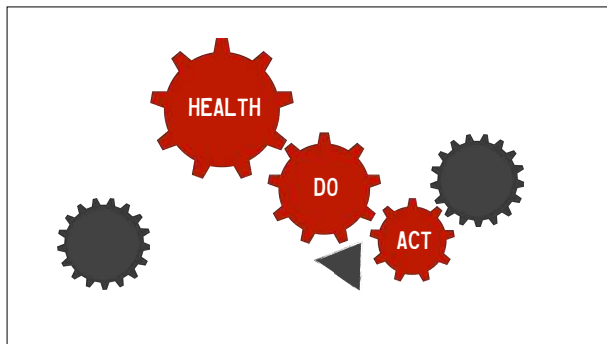
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HUMAN BEHAVIOR IS ORGANIZED
AROUND GOALS



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