

Self-Regulation Cards



On The Self Regulation Of Behavior On The Self Regulation Of Behavior

**Guido H.E. Gendolla, Mattie
Tops, Sander L. Koole**



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On the Self-Regulation of Behavior Charles S. Carver, Michael F. Scheier, 2001-05-07 This book presents a thorough overview of a model of human functioning based on the idea that behavior is goal directed and regulated by feedback control processes It describes feedback processes and their application to behavior considers goals and the idea that goals are organized hierarchically examines affect as deriving from a different kind of feedback process and analyzes how success expectancies influence whether people keep trying to attain goals or disengage Later sections consider a series of emerging themes including dynamic systems as a model for shifting among goals catastrophe theory as a model for persistence and the question of whether behavior is controlled or instead emerges Three chapters consider the implications of these various ideas for understanding maladaptive behavior and the closing chapter asks whether goals are a necessity of life Throughout theory is presented in the context of diverse issues that link the theory to other literatures **Handbook of**

Self-Regulation Kathleen D. Vohs, Roy F. Baumeister, 2016-06-01 From leading authorities this significantly revised and expanded handbook is a highly regarded reference in a rapidly growing field It thoroughly examines the conscious and unconscious processes by which people manage their behavior and emotions control impulses and strive toward desired goals Chapters explore such vital issues as why certain individuals have better self control than others how self regulation shapes and is shaped by social relationships underlying brain mechanisms and developmental pathways and which interventions can improve people's self control The volume also addresses self regulatory failures and their consequences with chapters on attention deficit hyperactivity disorder criminality addictions and money management challenges As a special bonus purchasers of the third edition can download a supplemental e book featuring two notable highly cited chapters from the second edition New to This Edition Incorporates current topic areas theories and empirical findings Updated throughout with 21 new chapters and numerous new authors Cutting edge topics implicit self regulation processes the role of physical needs and processes such as the importance of sleep the benefits of dampening positivity the frequency and consequences of emotional control in the workplace and self regulation training Expanded coverage of motivational factors romantic relationships and lapses of self control Supplemental e book featuring selected chapters from the prior edition Handbook of Self-Regulation, Second Edition Kathleen D. Vohs, Roy F. Baumeister, 2011-03-29 This authoritative

handbook comprehensively examines the conscious and nonconscious processes by which people regulate their thoughts emotions attention behavior and impulses Individual differences in self regulatory capacities are explored as are developmental pathways The volume reviews how self regulation shapes and is shaped by social relationships Failures of self regulation are also addressed in chapters on addictions overeating compulsive spending and attention deficit hyperactivity disorder Wherever possible contributors identify implications of the research for helping people enhance their self regulatory capacities and pursue desired goals *Self-Regulation in Health Behavior* Denise de Ridder, John de Wit, 2006-06-14 This

text offers a comprehensive overview of new approaches to health related behaviour from a self regulation perspective The authors outline the assumptions on which self regulation theories are based discuss recent research and draw out the implications for practice with a particular focus on changing health behaviour The book is arranged in two sections Goal Setting and Goal Activation in Health Behaviour and Goal Striving and Goal Persistence The epilogue compares self regulation theories with the prevailing social cognitive models

Psychology of Self-Regulation Joseph P. Forgas, Roy F. Baumeister, Dianne M. Tice, 2011-02-25 The ability to regulate and control our behaviors is a key accomplishment of the human species yet the psychological mechanisms involved in self regulation remain incompletely understood This book presents contributions from leading international researchers who survey the most recent developments in this fascinating area The chapters shed new light on the subtle and often subconscious ways that the people seek to regulate their thoughts feelings and behaviors in everyday social life The contributions seek answers to such intriguing questions as How can we improve our ability to control our actions How do people make decisions about which goals to pursue How do we maintain and manage goal oriented behavior What happens when we run out of self regulation resources Can we match people and the regulatory demands of to specific tasks so as to optimize performance What role does self regulation play in sports performance in maintaining successful relationships and in managing work situations The book offers a highly integrated and representative coverage of this important field and is suitable as a core textbook in advanced courses dealing with social behavior and the applications of psychology to real life problems

Handbook of Self-Regulation Monique Boekaerts, Paul R. Pintrich, Moshe Zeidner, 2005-07-25 The Handbook of Self Regulation represents state of the art coverage of the latest theory research and developments in applications of self regulation research Chapters are of interest to psychologists interested in the development and operation of self regulation as well as applications to health organizational clinical and educational psychology This book pulls together theory research and applications in the self regulation domain and provides broad coverage of conceptual methodological and treatment issues In view of the burgeoning interest and massive research on various aspects of self regulation the time seems ripe for this Handbook aimed at reflecting the current state of the field The goal is to provide researchers students and clinicians in the field with substantial state of the art overviews reviews and reflections on the conceptual and methodological issues and complexities particular to self regulation research Coverage of state of the art in self regulation research from different perspectives Application of self regulation research to health clinical organizational and educational psychology Brings together in one volume research on self regulation in different subdisciplines Most comprehensive and penetrating compendium of information on self regulation from multi disciplinary perspectives

Attention and Self-Regulation C. S. Carver, M. F. Scheier, 2012-12-06 Seek simplicity and distrust it Alfred North Whitehead It will become all too clear that an ability to see patterns in behavior an ability that some might feel proud of can lead more easily to a wrong description than a right one William T Powers The goal of the theorist the scholar is

to take a collection of observations of the world and perceive order in them This process necessarily imposes an artificial simplicity upon those observations That is specific observations are weighed differently from each other whenever a theoretical account is abstracted from raw experiences Some observed events are misunderstood or distorted others are seen as representing random fluctuations and are ignored and yet others are viewed as centrally important This abstraction and oversimplification of reality is inevitable in theory construction Moreover the abstracted vision builds upon itself That is as a structure begins to emerge from continued observation the structure itself guides the search for new information The result is a construction that is more elaborate than what existed before but it still is usually simpler than reality It is important for scholars to believe in the value of their task and in the general correctness of the vision that guides their work This commitment and the hope of progress that follows from it make it possible to continue even when the work is difficult and slow

Self-Regulation of the Brain and Behavior T. Elbert,B. Rockstroh,W. Lutzenberger,N. Birbaumer,2012-12-06 With contributions by numerous experts *The Self-regulation of Health and Illness Behaviour* Linda Diane Cameron,Howard Leventhal (PhD.),2003 Review of the growing body of research on the self regulation of health and illness behaviour It will be of interest to researchers practitioners and students concerned with the psychology of health **Handbook of Personality and Self-Regulation** Rick H. Hoyle,2013-10-02 The Handbook of Personality and Self Regulation integrates scholarly research on self regulation in the personality developmental and social psychology traditions for a broad audience of social and behavioral scientists interested in the processes by which people control or fail to control their own behavior Examines self regulation as it influences and is influenced by basic personality processes in normal adults Offers 21 original contributions from an internationally respected group of scholars in the fields of personality and self regulation Explores the causes and consequences of inadequate self regulation and the means by which self regulation might be improved Integrates empirical findings on basic personality traits with findings inspired by emerging models of self regulation Provides a comprehensive up to date and stimulating view of the field for students and researchers in a wide range of disciplines

Handbook of Biobehavioral Approaches to Self-Regulation Guido H.E. Gendolla,Mattie Tops,Sander L. Koole,2014-09-22 How can people master their own thoughts feelings and actions This question is central to the scientific study of self regulation The behavioral side of self regulation has been extensively investigated over the last decades but the biological machinery that allows people to self regulate has mostly remained vague and unspecified Handbook of Biobehavioral Approaches to Self Regulation corrects this imbalance Moving beyond traditional mind body dualities the various contributions in the book examine how self regulation becomes established in cardiovascular hormonal and central nervous systems Particular attention is given to the dynamic interplay between affect and cognition in self regulation The book also addresses the psychobiology of effort the impact of depression on self regulation the development of self regulation and the question what causes self regulation to succeed or fail These novel perspectives provide readers with a new biologically

informed understanding of self awareness and self agency Among the topics being covered are Self regulation in an evolutionary perspective The muscle metaphor in self regulation in the light of current theorizing on muscle physiology From distraction to mindfulness psychological and neural mechanisms of attention strategies in self regulation Self regulation in social decision making a neurobiological perspective Mental effort brain and autonomic correlates in health and disease A basic and applied model of the body mind system Handbook of Biobehavioral Approaches to Self Regulation provides a wealth of theoretical insights into self regulation with great potential for future applications for improving self regulation in everyday life settings including education work health and interpersonal relationships The book highlights a host of exciting new ideas and directions and is sure to provoke a great deal of thought and discussion among researchers practitioners and graduate level students in psychology education neuroscience medicine and behavioral economics

Self-regulation in Early Childhood Martha B. Bronson, Martha Bronson, 2001-12-19 Self regulation enables children to control their emotions and behaviour interact positively with others and engage in independent learning This book examines how self regulation develops and describes practical ways for educators and care givers to support its development

Attention and Self-regulation Charles S. Carver, Michael F. Scheier, 1981

Consumer Behavior in the Internet Era Gong Sun, Lester Johnson, Jie Li, 2022-11-28

Developmental Psychopathology, Volume 3 Dante Cicchetti, Donald J. Cohen, 2006-03-31

Developmental Psychopathology Volume 3 Risk Disorder and Adaptation provides a life span developmental perspective on high risk conditions and mental disorders Moreover it examines developmental pathways to resilient adaptation in the face of adversity

The SAGE Encyclopedia of Lifespan Human Development Marc H. Bornstein, 2018-01-15 Lifespan human development is the study of all aspects of biological physical cognitive socioemotional and contextual development from conception to the end of life In approximately 800 signed articles by experts from a wide diversity of fields The SAGE Encyclopedia of Lifespan Human Development explores all individual and situational factors related to human development across the lifespan Some of the broad thematic areas will include Adolescence and Emerging Adulthood Aging Behavioral and Developmental Disorders Cognitive Development Community and Culture Early and Middle Childhood Education through the Lifespan Genetics and Biology Gender and Sexuality Life Events Mental Health through the Lifespan Research Methods in Lifespan Development Speech and Language Across the Lifespan Theories and Models of Development This five volume encyclopedia promises to be an authoritative discipline defining work for students and researchers seeking to become familiar with various approaches theories and empirical findings about human development broadly construed as well as past and current research

Processes of the Molar Regulation of Behavior Wolfgang Battmann, Stephan Dutke, 1996

Self-Regulation in Adolescence Gabriele Oettingen, Peter M. Gollwitzer, 2015-09-25 During the transition from childhood to adulthood adolescents face a unique set of challenges that accompany increased independence and responsibility This volume combines cutting edge research in the field of adolescence and the field of motivation and self regulation to shed new

light on these challenges and the self regulation tools that could most effectively address them Leading scholars discuss general principles of the adolescent period across a wide variety of areas including interpersonal relationships health and achievement Their interdisciplinary approach covers perspectives from history anthropology and primatology as well as numerous subdisciplines of psychology developmental educational social clinical motivational cognitive and neuropsychological Self Regulation in Adolescence stresses practical applications making it a valuable resource not only for scholars but also for adolescents and their family members teachers social workers and health professionals who seek to support them It presents useful strategies that adolescents can adopt themselves and raises important questions for future research

Self-Regulation and Ego Control Edward R. Hirt,Joshua John Clarkson,Lile Jia,2016-08-08 Self Regulation and Ego Control examines the physiological effects of depletion the effects of psychological variables in self control depletion effects the role of motivational and goal states on self control depletion effects and a number of cognitive perspectives on self control exertion This insightful book begins with an introduction of self control theories ego depletion phenomena and experimental examples of research in self control and concludes by delineating more inclusive and comprehensive models of self regulation that can account for the full spectrum of findings from current research In recent years researchers have had difficulty identifying the underlying resources responsible for depletion effects Moreover further research has identified several psychological and motivational factors that can ameliorate depletion effects These findings have led many to question assumptions of the dominant strength model and suggest that capacity limitations alone cannot account for the observed effects of depletion Self Regulation and Ego Control facilitates discourse across researchers from different ideological camps and advances more integrated views of self regulation based on this research Covers the neuropsychological evidence for depletion effects highlighting the roles of reward valuation and control in self regulation Reviews the roles of willpower expectancies of mental energy change and individual differences in the modulation of self control exertion Highlights the effects of various states such as positive mood power implementation intentions mindfulness and social rejection as moderators of depletion Provides clarification of the distinctions between self control in the context of goal directed behavior versus related terms like self regulation executive control and inhibition Details the overlap between mental and physical depletion and the potential interplay and substitutability of resources Challenges the view that depletion reflects capacity limitations and includes newer models that take a more motivational account of resource allocation Facilitates discourse across researchers from different ideological camps within the field Informs and enriches future research and advances more integrated views of self regulation

Self-Regulation in Early Childhood Martha B. Bronson,2000-03-03 The early years are critically important for the development of self regulation the set of abilities that enable children to control their emotions and behavior interact positively with others and engage in independent learning This book examines how self regulation develops in the first eight years of life and describes practical ways for educators and caregivers to support its development

Part I reviews a diverse body of theory and research on the growth of self control and self direction across emotional social motivational and cognitive domains Also described is contemporary research linking self regulatory abilities to control systems in the brain Part II presents concrete suggestions for enhancing self regulatory skills in infants and toddlers preschoolers and kindergartners and school age children Chapters address caregiver and teacher behaviors behavior management techniques ways of arranging the environment and strategies for enhancing peer interactions and children s interest in self directed learning

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