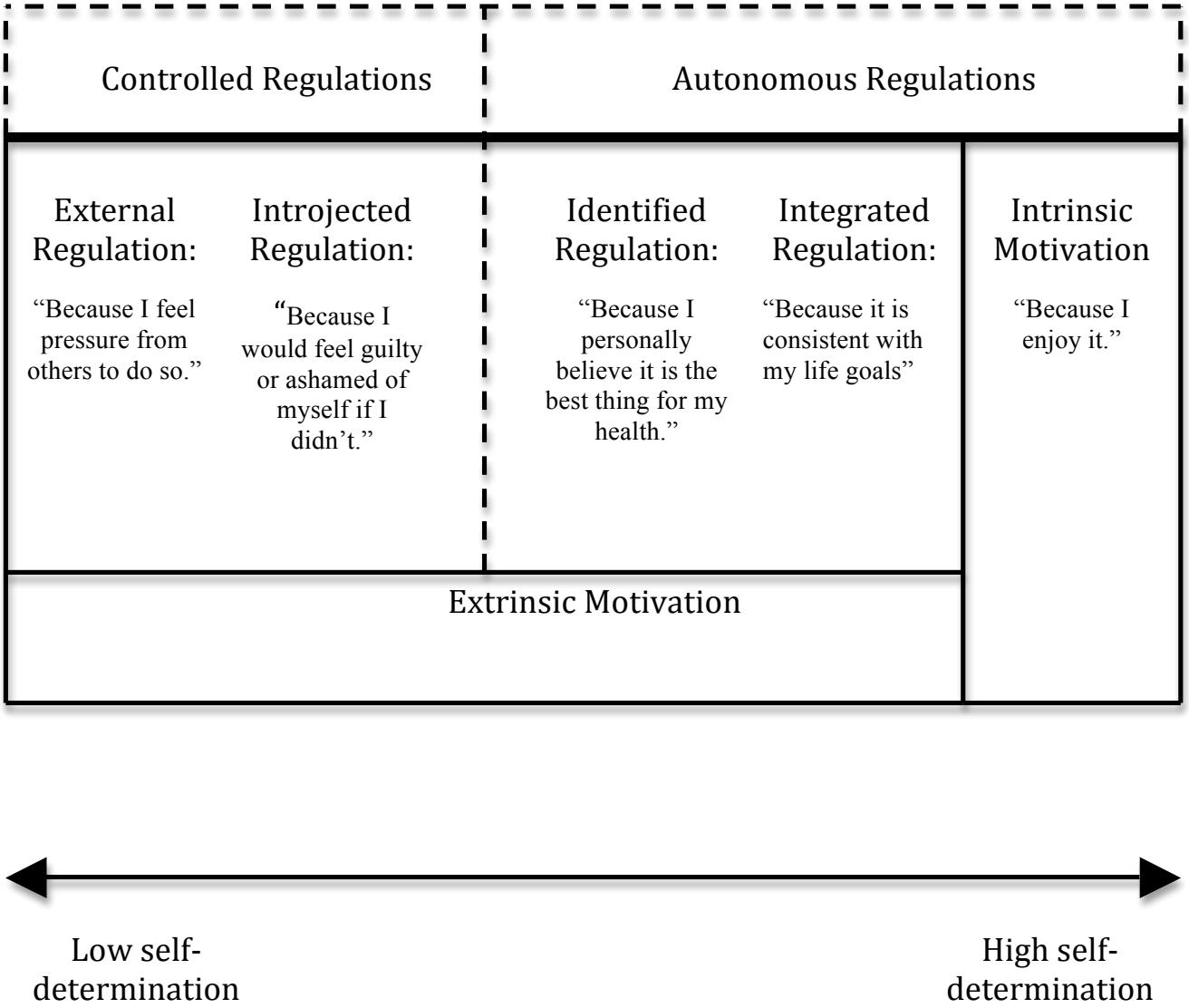
Controlled Regulations
Autonomous Regulations
External Regulation:
"Because I feel pressure from others to do so."
Introjected Regulation:
"Because I would feel guilty or ashamed of myself if I didn't."
Identified Regulation:
"Because I personally believe it is the best thing for my health."
Integrated Regulation:
"Because it is consistent with my life goals"
Intrinsic Motivation
"Because I enjoy it."
Extrinsic Motivation
Low self-determination
High self-determination