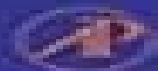
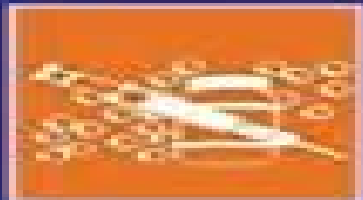


Losing Control

**How and Why People
Fail at Self-Regulation**



**ROY F. BAUMEISTER
TODD F. HEATHERTON
DIANNE M. TICE**

Losing Control How And Why People Fail At Self Regulation

Robert H. Coombs



Losing Control How And Why People Fail At Self Regulation:

Losing Control Roy F. Baumeister, Todd F. Heatherton, Dianne M. Tice, 1994-11-07 Self regulation refers to the self's ability to control its own thoughts emotions and actions Through self regulation we consciously control how much we eat whether we give in to impulse task performance obsessive thoughts and even the extent to which we allow ourselves recognition of our emotions This work provides a synthesis and overview of recent and long standing research findings of what is known of the successes and failures of self regulation People the world over suffer from the inability to control their finances their weight their emotions their craving for drugs their sexual impulses and more The United States in particular is regarded by some observers as a society addicted to addiction Therapy and support groups have proliferated not only for alcoholics and drug abusers but for all kinds of impulse control from gambling to eating chocolate Common to all of these disorders is a failure of self regulation otherwise known as self control The consequences of these self control problems go beyond individuals to affect family members and society at large In *Losing Control* the authors provide a single reference source with comprehensive information on general patterns of self regulation failure across contexts research findings on specific self control disorders and commentary on the clinical and social aspects of self regulation failure Self control is discussed in relation to what the self is and the cognitive motivational and emotional factors that impinge on one's ability to control one's self Discusses the importance of the concept of self regulation to general issues of autonomy and identity Encompasses self control of thoughts feelings and actions Contains a special section on the control of impulses and appetites First book to integrate recent research into a broad overview of the area **The Self in Social Psychology** Roy F.

Baumeister, 1999 This reader presents a collection of articles on the study of the self in social psychology The readings are in thematic sections covering topics such as self knowledge self esteem self regulation self presentation and the self and culture

Self-Regulation and Self-Control Roy Baumeister, 2018-01-19 In the World Library of Psychologists series international experts present career long collections of what they judge to be their finest pieces extracts from books key articles salient research findings and their major practical theoretical contributions In this volume Roy F Baumeister reflects on his distinguished career as an eminent scholar in the field of self control and self regulation as well as belonging rejection free will and consciousness Offering a unique perspective on both the program of research in ego depletion as one of social psychology's most widely successful theories and its position in the changing landscape of the scientific field the book charts Baumeister's development as one of the pioneers of study into self control Featuring a newly written introductory piece in which the author offers a unique insight into the initial findings that led to an eventual theory of ego depletion this collection will give readers a vital understanding of how the hugely influential theory of ego depletion first came to be developed and is essential reading for students and researchers in self control and self regulation **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 Control in Society, Mind, and Brain Ran Hassin, Kevin Ochsner, Yaacov Trope, 2010-04-12 This book presents social cognitive and neuroscientific approaches to the study of self control connecting recent work in cognitive and social psychology with recent advances in cognitive and social neuroscience In bringing together multiple perspectives on self control dilemmas from internationally renowned researchers in various allied disciplines this is the first single reference volume to illustrate the richness depth and breadth of the research in the new field of self control

Handbook of Motivation Science James Y. Shah, Wendi L. Gardner, 2008-01-01 Integrating significant advances in motivation science that have occurred over the last two decades this volume thoroughly examines the ways in which motivation interacts with social developmental and emotional processes as well as personality more generally The Handbook comprises 39 clearly written chapters from leaders in the field Cutting edge theory and research is presented on core psychological motives such as the need for esteem security consistency and achievement motivational systems that arise to address these fundamental needs the process and consequences of goal pursuit including the role of individual differences and contextual moderators and implications for personal well being and interpersonal and intergroup relations

Self-Regulation Over Time: Resource

Depletion and Learned Industriousness Patrick Daniel Converse, 2005 *Sport and Exercise Psychology* Julia Schüler, Mirko Wegner, Henning Plessner, Robert C. Eklund, 2023-02-25 This textbook covers topics in sport and exercise psychology for students of psychology and sport science as well as for sport practitioners who want to understand topics in sport psychology in more detail and depth The book is divided into two main parts Theory and Application The first part covers the theoretical facets of sport and exercise psychology and the close link between theory and practice divided into the sub disciplines of psychology cognition motivation emotion personality and development and social processes The second part focuses on the applications of sport and exercise psychology in the context of performance and health With contributions from scholars across the globe the book offers an international and timely perspective on the key fundamentals of sport psychology Taken together these chapters provide a challenging yet accessible overview of the larger field of sport and exercise psychology This book is suitable for readers at different levels of competence supported with didactic elements learning objectives and learning control questions to find the right learning level *Two Sides to Every Self-Process: the Pros and Cons* Virginia S. Y. Kwan, Lowell Gaertner, 2009 Reflecting the importance of the self in optimal functioning a vast literature on the value of different self processes is accumulating Individual research reports however frequently present a one sided view focusing either on the benefits or the liabilities of the self process under study A more complete understanding of both the benefits and liabilities of a self process is essential because it profoundly shapes the conclusions of existing research and directions of future research To that end this special issue brings together leading researchers to present their unique perspectives on the benefits and liabilities of the self process they study **Journal of Vocational Behavior** , 2002 **The ADHD Report** , 2001 **Handbook of Addictive Disorders** Robert H. Coombs, 2004-04-23 A comprehensive state of the art resource featuring valuable contributions from a multidisciplinary team of leading experts in addiction studies *Self-Regulation in Health Behavior* Denise de Ridder, John Bertha Franciscus de Wit, 2006-05-18 This work offers an overview of new approaches to health related behaviour from a self regulation perspective The contributors outline the assumptions on which these theories are based discuss recent research and draw out the implications for practice For Keeps Finnegan Alford-Cooper, 1998 Derived from the author s own survey the Long island Long Term Marriage Survey this book unveils the most important factors contributing to the longevity of marriages It s based on completed questionnaires from 576 couples and in depth follow up interviews with sixty of these couples making this the largest survey to date of couples married fifty years or more The interviews allowed the spouses to tell their life stories excerpted in the book and to contrast their marriages to those of younger generations adding an intergenerational comparative perspective The author organizes the book around the major life events experienced by her respondents meeting courtship and marriage having children conflicts and their resolution sharing household chores working spouses retirement Throughout Alford Cooper has included longer vignettes in which couples tell the stories of their lives together giving the book a freshness that only first hand narrative can

communicate **Exploiting Childhood** Jim Wild,2013 The protection of children today is as challenging as ever as changes in society and the way we live our lives lead to new forms of exploitation and abuse This book scrutinises emerging threats to the well being of children gathering together incisive critiques from leading experts from a range of disciplines *Towards a Psychological Systems Theory of Goal-directed Behavior* Jelani Mandara,2002 **Annual Review of Psychology** Calvin Perry Stone,2008 Publishes original critical reviews of the significant literature and current developments in psychology *The Encyclopedia of Mental Health: Do-N* ,1998 Self-directed Behavior David L. Watson,Roland G. Tharp,2002 This book is designed to acquaint you with a general theory of behavior to guide you through exercises for developing skills in self analysis and to provide you with the concrete information on how to achieve the goals you hold for yourself The most important goal of this volume is to help you achieve more self determination more willpower and more control over your own life From preface **Handbook of Personality, Third Edition** Oliver P. John,Richard W. Robins,Lawrence A. Pervin,2008-08-05 This authoritative handbook is the reference of choice for researchers and students of personality Leading authorities describe the most important theoretical approaches in personality and review the state of the science in five broad content areas biological bases development self and social processes cognitive and motivational processes and emotion adjustment and health Within each area chapters present innovative ideas findings research designs and measurement approaches Areas of integration and consensus are discussed as are key questions and controversies still facing the field

The Enigmatic Realm of **Losing Control How And Why People Fail At Self Regulation**: Unleashing the Language is Inner Magic

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