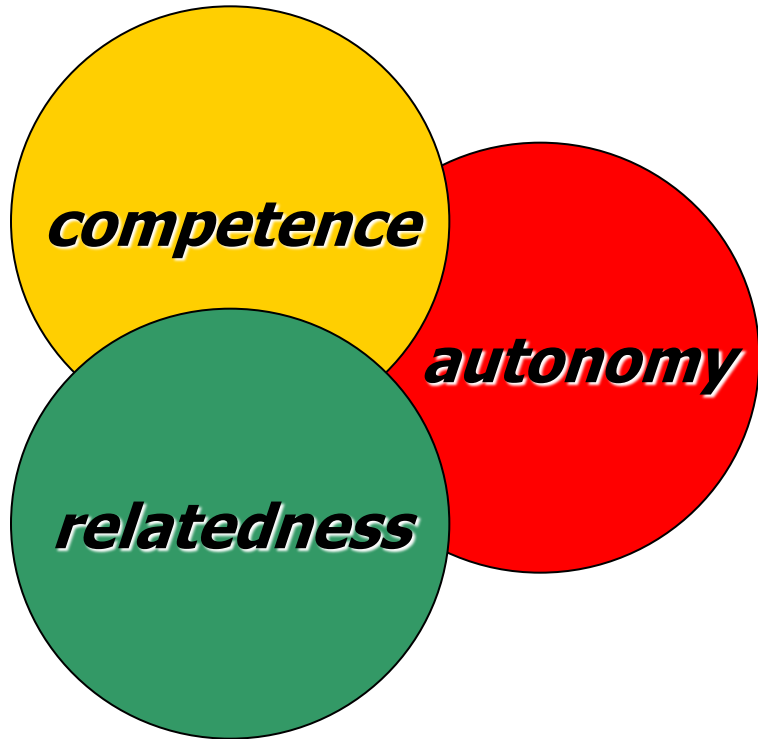


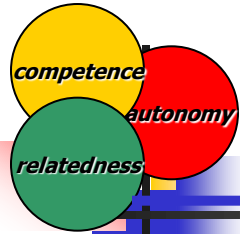
three key psychological needs



- ❖ autonomy – personal choice not compulsion by outside forces
- ❖ competence – capable & effective not incompetent & inefficient
- ❖ relatedness – regular emotional intimacy & shared activities not isolation & loneliness

Reis, H. T., K. M. Sheldon, et al. (2000). *Daily well-being: the role of autonomy, competence, and relatedness*. *Pers Soc Psychol Bull* **26**(4): 419-435.

Sheldon, K. M., A. J. Elliot, et al. (2001). *What is satisfying about satisfying events? Testing 10 candidate psychological needs*. *J Pers Soc Psychol* **80**(2): 325-39.



what makes for a good day?

- ❖ people whose needs for autonomy, competence & relatedness are more satisfied experience greater well-being than those whose needs are less satisfied
- ❖ at the same time, for each individual, days when these basic needs are more satisfied are experienced as better than days when the needs are less satisfied
- ❖ it's not just the total amount of need satisfaction, it's also the balance that optimises well-being

Sheldon, K. M., R. Ryan, et al. (1996). *What makes for a good day? Competence and autonomy in the day and in the person.* Pers Soc Psychol Bull 22(12): 1270-1279.

Sheldon, K. M. and C. P. Niemiec (2006). *It's not just the amount that counts: balanced need satisfaction also affects well-being.* J Pers Soc Psychol **91**(2): 331-41.



goals & their health implications

key needs – autonomy, competence & relatedness

- ✧ ***intrinsic goals*** prioritising personal meaning, community contribution & intimacy, tend to satisfy these three key psychological needs directly.
 - ✧ ***extrinsic goals*** prioritising money, status & image focus on achieving external rewards and praise – often at the expense of key basic need satisfaction.
-

prioritising extrinsic goals is associated with increased anxiety, depression, narcissism & physical symptoms and decreased vitality, self-actualization & well-being



motivations & wellbeing

non self-determined
"controlled" motivations

↓
external motivations = because someone else wants you to or because the situation seems to compel it

introjected motivations = because you would feel ashamed, guilty or anxious if you did not have this goal

↓
unrelated to wellbeing

self-determined
"autonomous" motivations

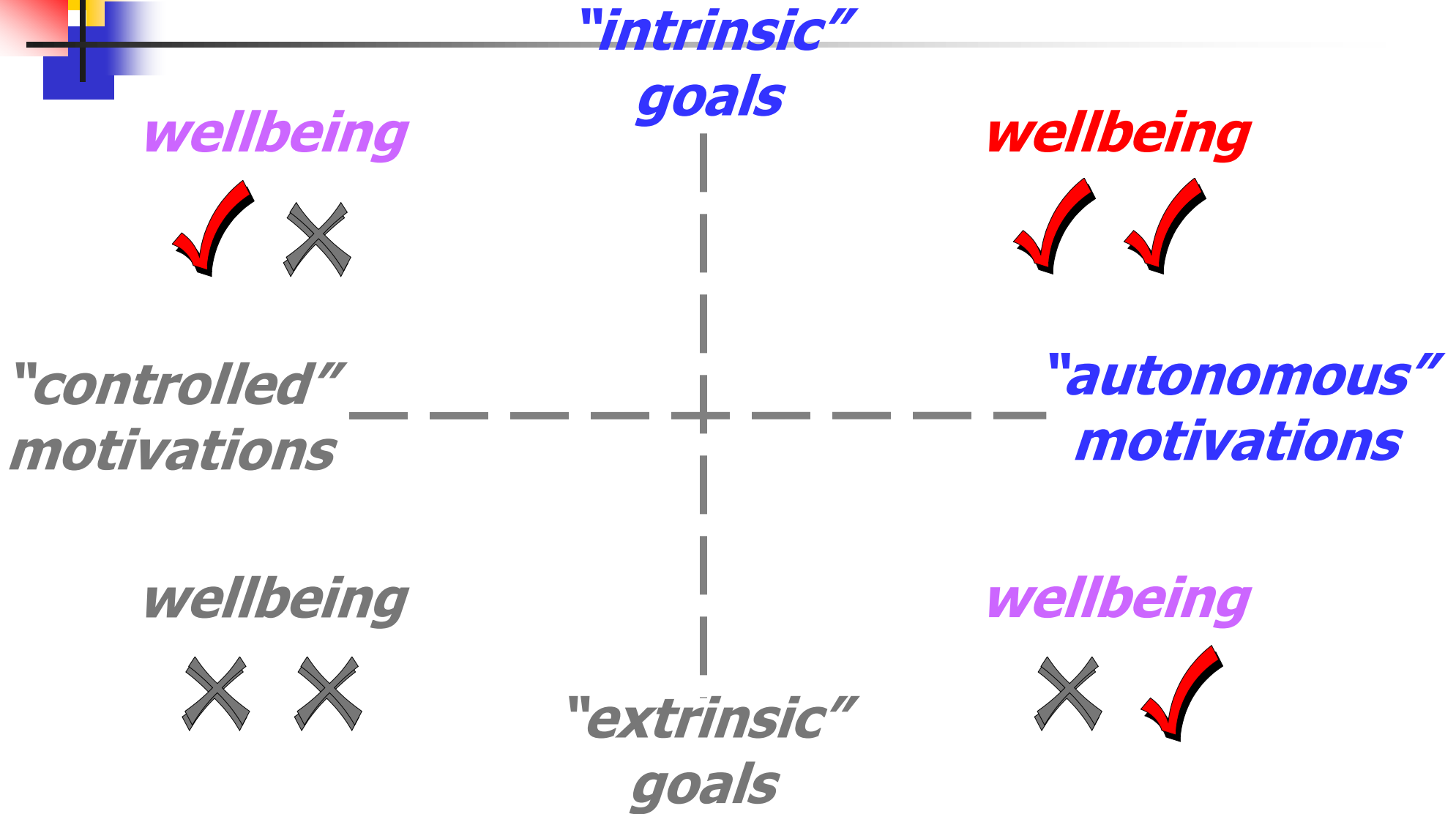
↓
integrated motivations = because you really identify with this goal

intrinsic motivations = because of the enjoyment or stimulation this goal provides you

↓
encourage wellbeing

for more details, see Ken Sheldon's research at :
<http://web.missouri.edu/~psycks>

goals, motivations & well-being





intentions for this coming week

- ✧ time for personal reflection and writing
 - ✧ exercise, diet, weight, alcohol, & sleep
 - ✧ autogenics – energizing & quieting;
personalizing reminder dots & shorts
 - ✧ personal community chart & intentions and
linked values/roots – roles – goals – diary
 - ✧ goodwill exercise, sdt & ego-/eco-system
-