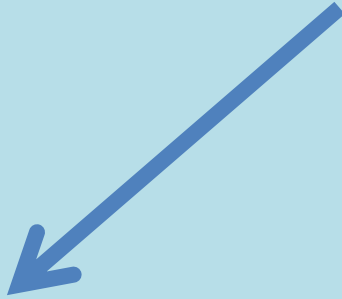# BEING IN CHARGE

Threats to self-regulation and what to do about them
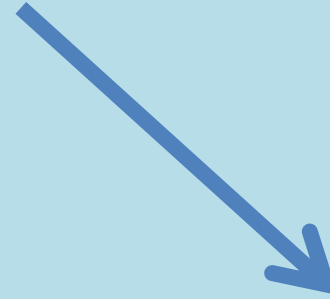
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COMPONENTS OF SELF-REGULATION

STANDARDS
Goal setting and progress monitoring

DISTRACTION INHIBITION

MAIN SOURCES OF DISTRACTION

MAIN SOURCES OF DISTRACTION

- Media
- Thoughts and feelings
- Predictable and unpredictable environmental distractions (noises, people…)
- Food
- Feeling tired (physical discomfort)
- Other commitments
- Hobbies / attractive activities

WHY ARE MEDIA SO "ATTRACTIVE"?

PRIORITIZING IN PROCRASTINATORS

IMPORTANCE ⟷ ATTRACTIVENESS

PRIORITIZING IN PROCRASTINATORS

IMPORTANCE   *ATTRACTIVENESS*

URGENCY

PRIORITIZING IN PROCRASTINATORS

IMPORTANCE ←→ *ATTRACTIVENESS*

URGENCY

PRIORITIZING

IMPORTANCE

ATTRACTIVENESS

IMMEDIACY

URGENCY

WHY ARE MEDIA SO "ATTRACTIVE"?

- *Immediately available entertainment*
- *Behaviour triggered without conscious control –* **HABITUAL**
- *Illusion of control – "I can stop scrolling any time..."*
- *Captivating –* **ANTICIPATION** *& curiosity*
- *Proximal – "I can start working any time..."*

WHAT IS THE MAJOR RESOURCE YOU'RE WASTING WHEN WATCHING MEDIA?

WE CAN TO THIS!

I'M EXCITED

STARECAT.COM

THE VICIOUS CIRCLE OF IGNORANCE - WHY DOES IT HAPPEN?
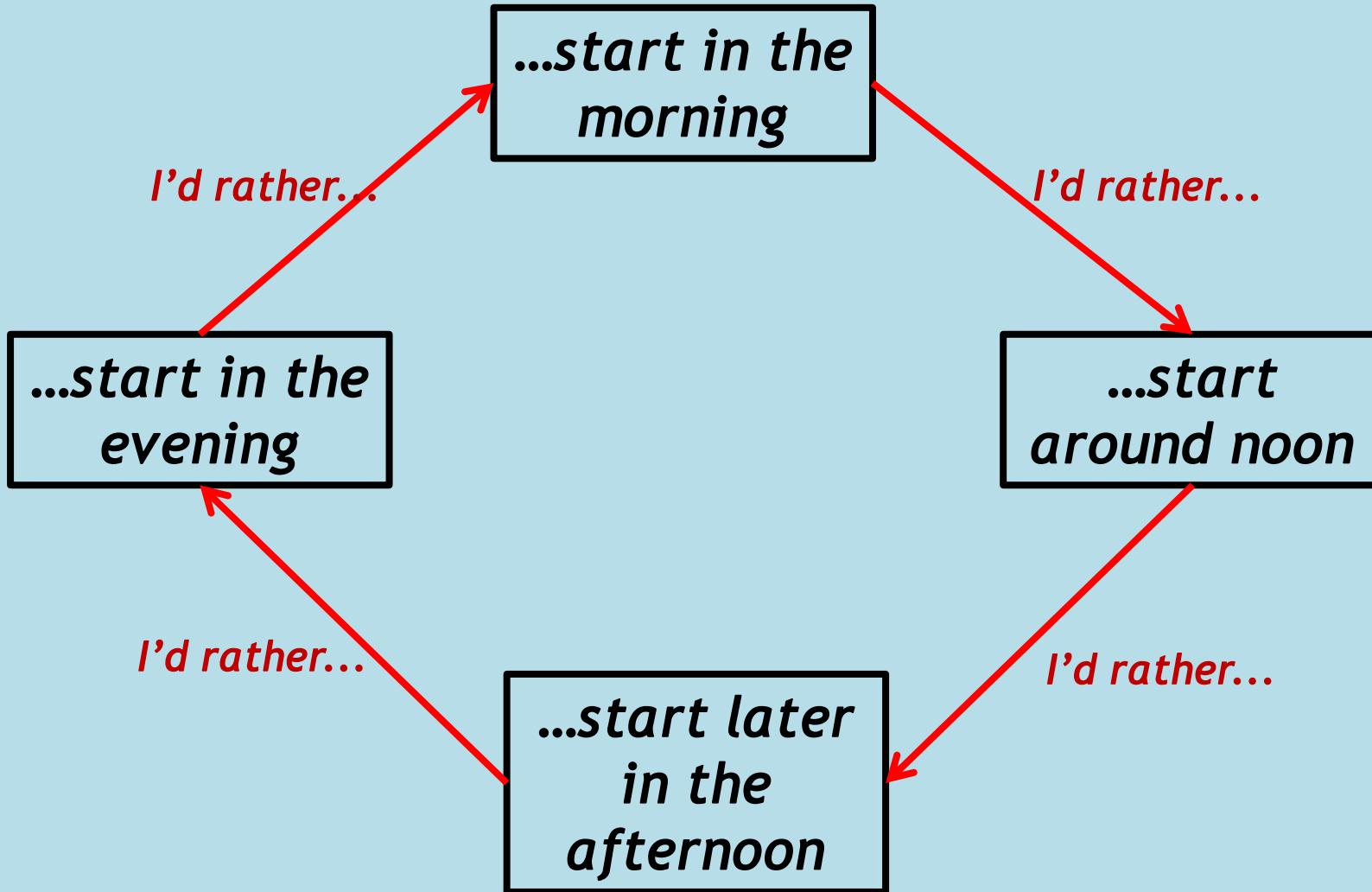
HABITS ARE TOUGH TO BREAK

- *Habit arises through **repetition** and **conditioning** (rewards/punishments)*

- *Triggered automatically by environmental and/or internal stimuli*
- *Classical conditioning – urges (craving)*
- *Feeling of "winding down", "walking the well-trodden path", "feeling at home" – rewarding and relaxing in itself*
- *Requires consistent exercise of will*
- *Partial reinforcement stregthens the habit*

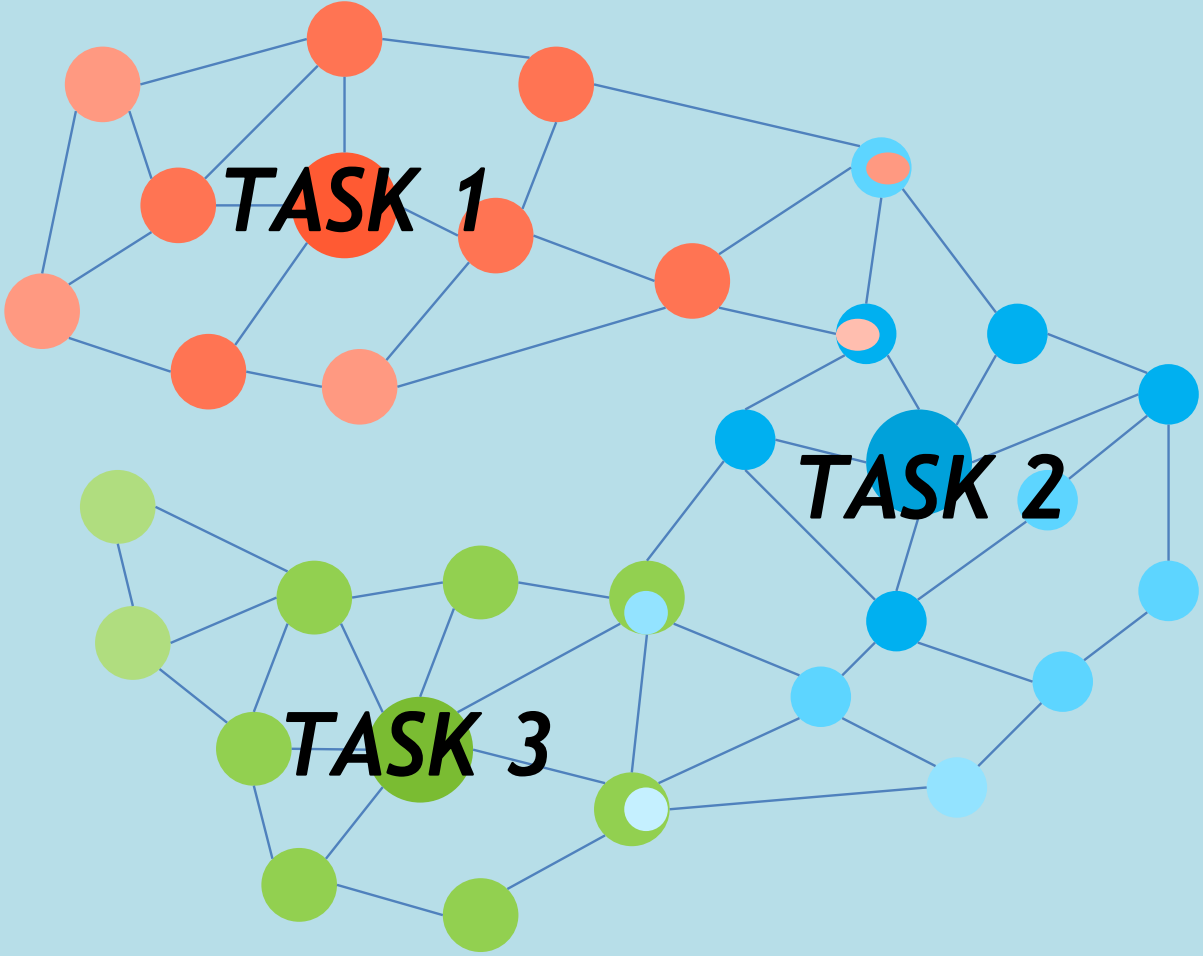# HABITS ARE TOUGH TO BREAK

- *Don't underestimate environmental triggers! Might be outside awareness.*

- *Eliminate distractions*
- *Separate work and leisure spacially and temporally*
- *Bring triggering of habit to **awareness***
- *Positive habits*
- *Conscious avoidance of repetition and partially reinforcing patterns of behaviour when trying to replace unwanted habits with positive ones*
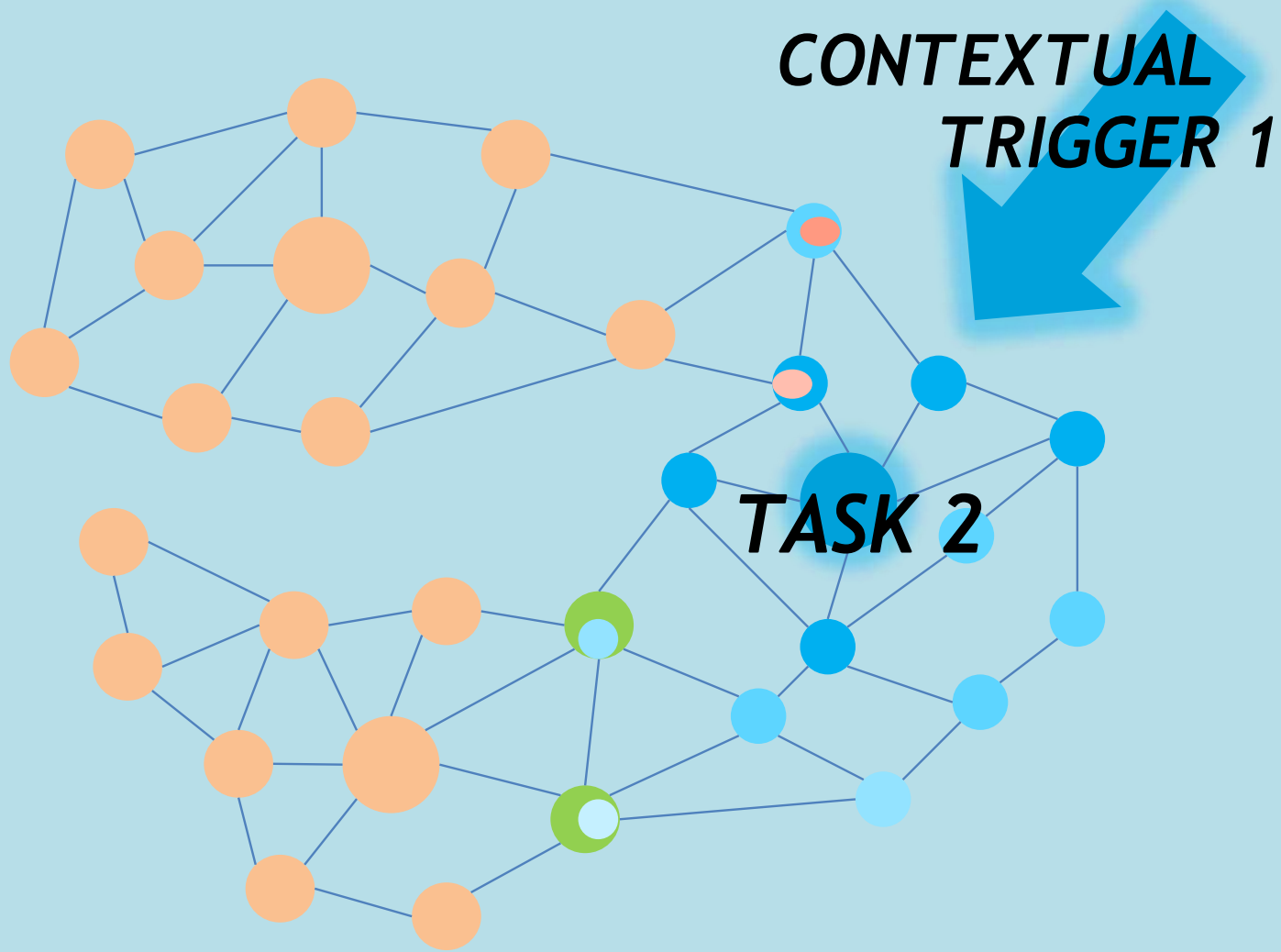
INTERNAL DISTRACTIONS – WHICH THOUGHTS CAN DISTRACT ME?

- *Negative thoughts about learning – worry, self-devaluation, doubts about value…*
- *Everyday concerns, previous activities, personal issues…*
- *Daydreaming and spontanous (positive) ideas*
- *Unhelpful task-related thoughts (picturing long-term goal; overmonitoring and overreflecting; "goal clustering" etc.)*
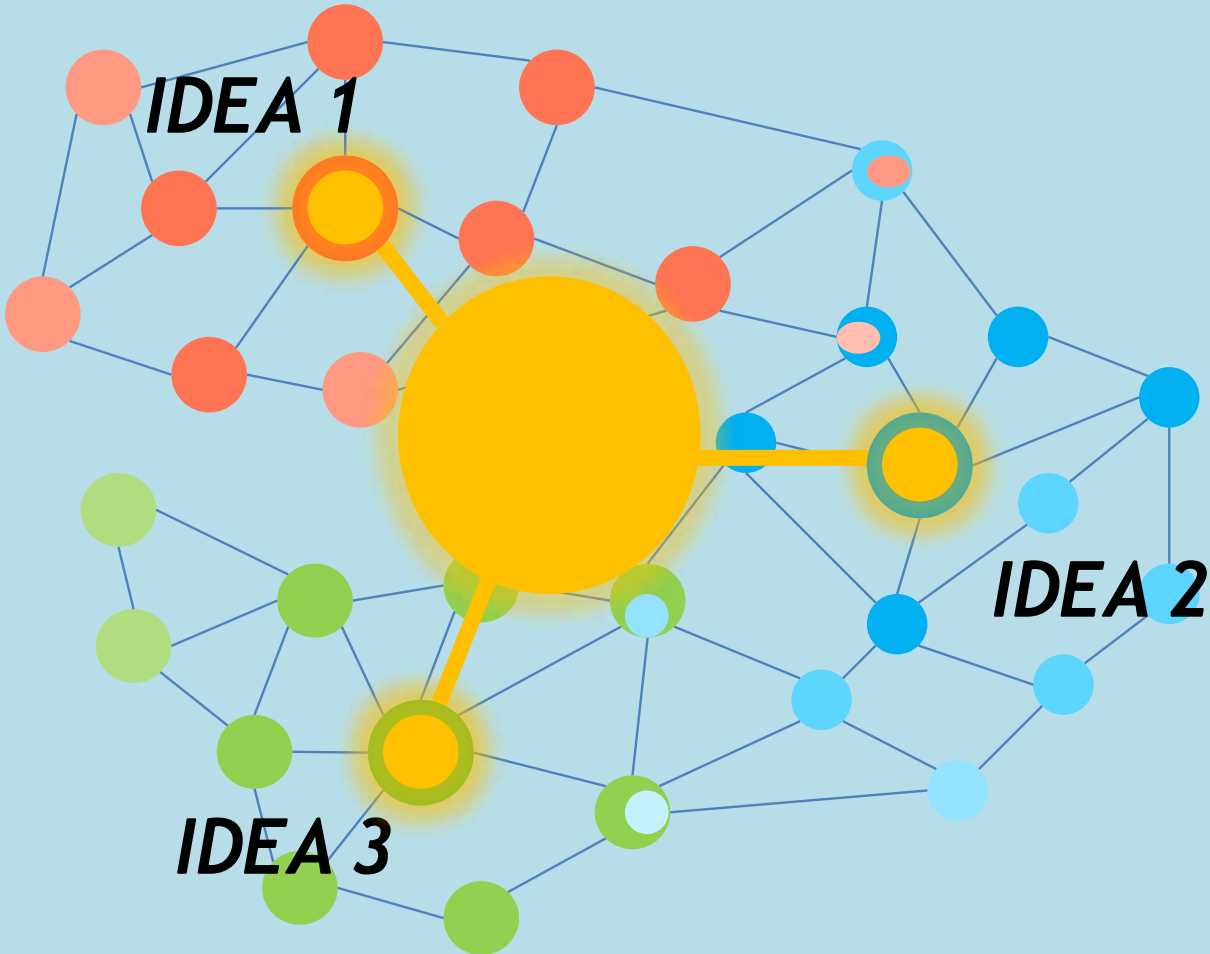
FIGHTING INTERNAL DISTRACTIONS

TASK 1

TASK 2

TASK 3

FIGHTING INTERNAL DISTRACTIONS

CONTEXTUAL TRIGGER 1

TASK 2

FIGHTING INTERNAL DISTRACTIONS

IDEA 1

IDEA 2

IDEA 3

FIGHTING INTERNAL DISTRACTIONS

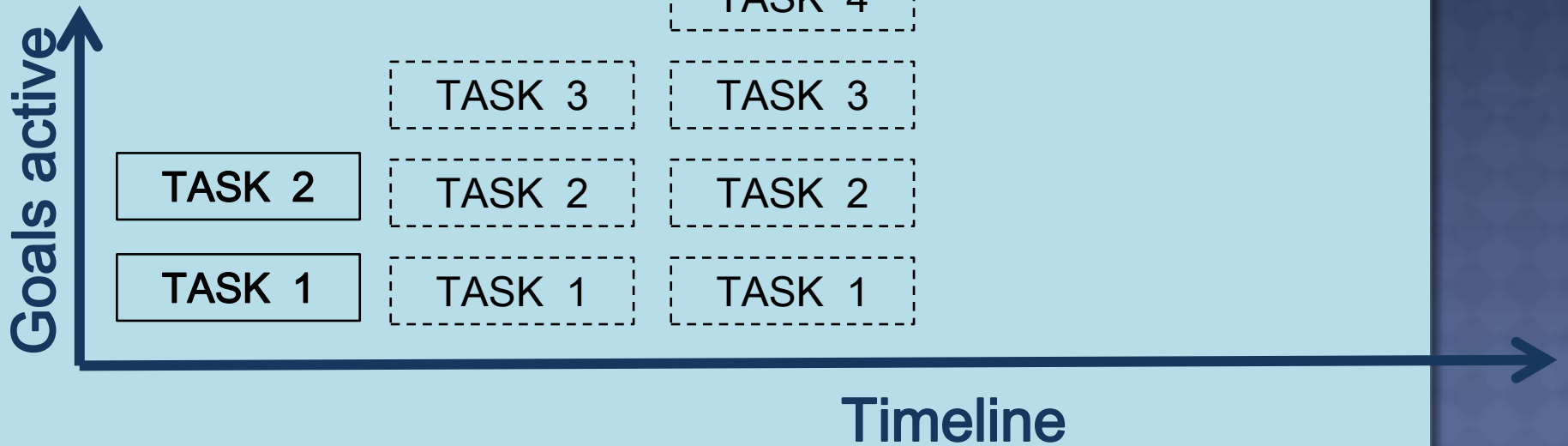TASK 1

HIGHER-ORDER GOAL: FINISH ALL TASKS

TASK 2

TASK 3

FIGHTING INTERNAL DISTRACTIONS

- *Activation of appropriate schemata before tackling the "main job"*
- *At the appropriate times, avoid activities that consistently "pull your mind away"*
- *Beware of "**mental habits**" – automatic associations & reinforcement*
- *Replace dwelling and indulging with* **mental contrasting**
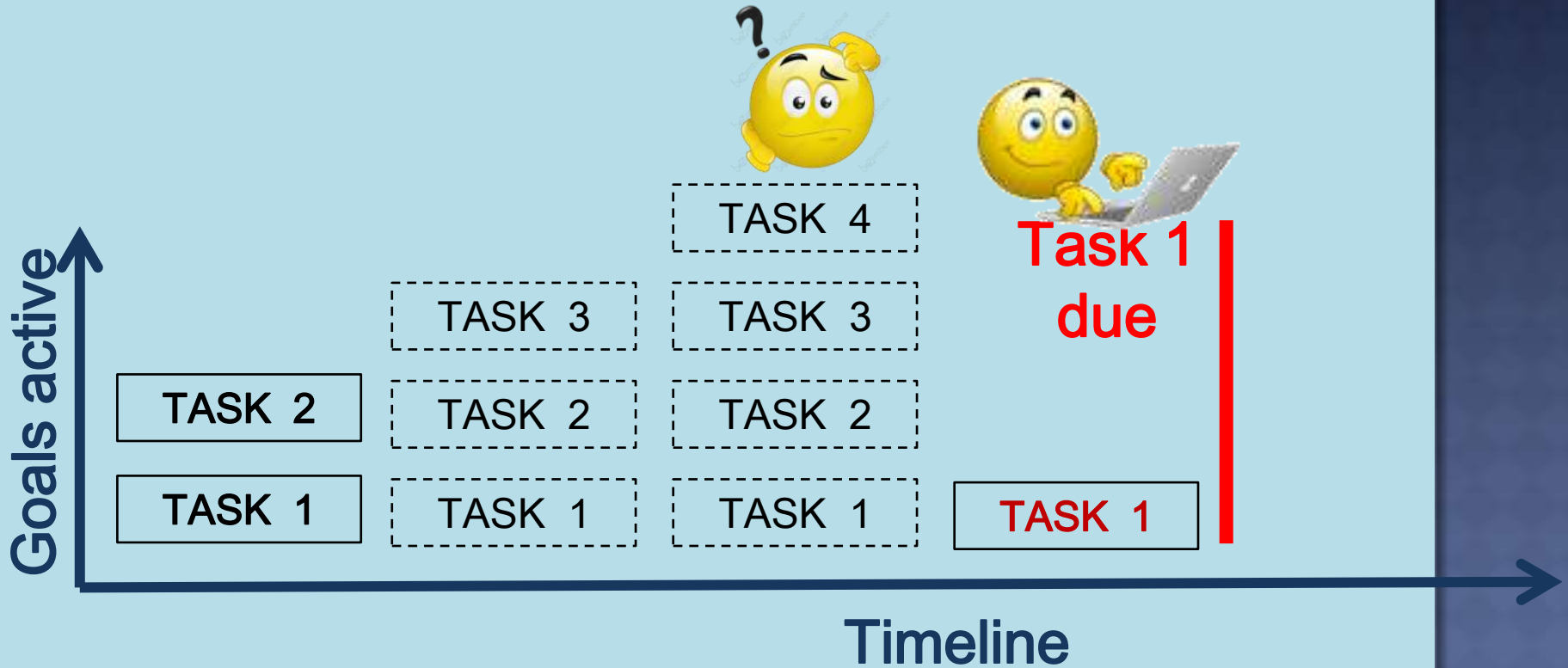- *Eliminating as much ambiguity as possible*

ELIMINATING AMBIGUITY IN STANDARDS (GOALS AND MEANS)

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**elevant
- **T**ime-bound

PROCRASTINATION

Goals active

TASK 4

TASK 3 | TASK 3

TASK 2 | TASK 2 | TASK 2

TASK 1 | TASK 1 | TASK 1

Timeline

PROCRASTINATION

ELIMINATING AMBIGUITY IN STANDARDS (GOALS AND MEANS)

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**elevant
- **T**ime-bound

ELIMINATING AMBIGUITY IN STANDARDS (GOALS AND MEANS)

- *S*pecific
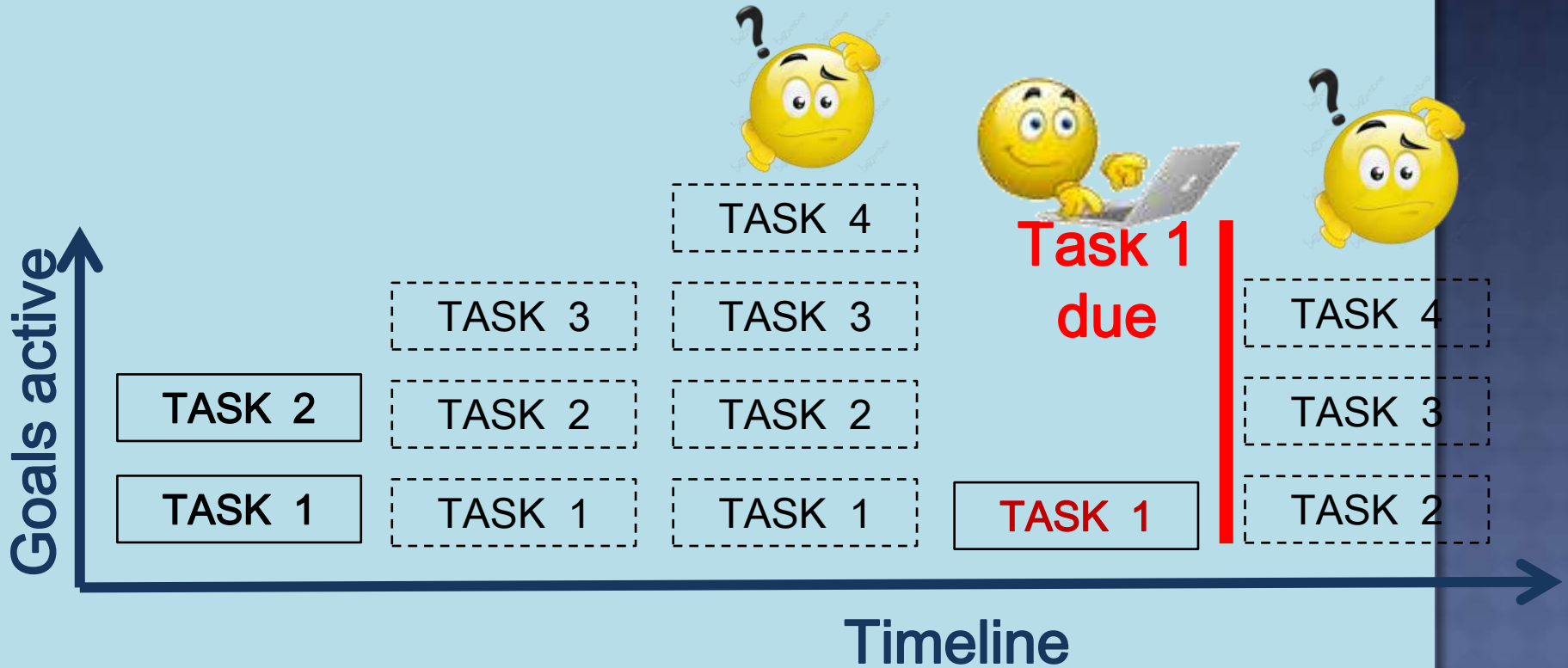- *M*easurable
- *A*ttainable
- *R*elevant
- *T*ime-bound

- *Analyze own failures at self-regulation – learn to predict distractions and their effects*
- *Be able to distinguish tiredness from "brain laziness" –* **When to take a break?**

WHO ARE THE BEST SELF-REGULATORS?

THANK YOU!

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