

# THE self overview



## Restricted AUTONOMY

- 7c Holding back, difficult to motivate, restricted, stuck in comfort zone
- 9c Contingent self emotions, not sure of self, seeks constant approval
- 10c Over compliant, people pleaser, blindly conforming  
Over trusting, gullible, submissive, puts self at risk  
Restricted autonomy, needs constant praise and attention
- 13c Over-protected, smothered, parents do everything for them

## Low AGENCY

- 1 Poor self belief in capacity to cope with demands of school
- 2 Poor learning competency, poor learning skills, low achievement
- 3 Poor physical well being, unfit, health problems, lethargic
- 11 Turbulent family, lack of supervision and control, no limits set

## Crushed AUTONOMY

- 7a Disengaged, difficult to motivate, put off learning, disheartened
- 8 Poor emotional management, and resilience
- 9a Draining self emotions, insecure, puts self down
- 13a Parents over controlling, crush autonomy, undermining, interfering
- 14a Parents disengaged from education, overwhelmed, not interested

## High AFFILIATION

- 4 Good social skills, mixes well, accepted
- 5 Pro social, empathic
- 6 High emotional literacy, self / social awareness, insightful
- 12 Close family, happy at home



## Low AFFILIATION

- 4 Poor social skills, doesn't mix well, alienated
- 5 Exploitative, lacks empathy, cold, thoughtless
- 6 Low emotional literacy, self awareness
- 12 Not so close family, unhappy at home, detached

## Full AUTONOMY

- 7 Self-motivated, engaged in learning, hard working, interested, enthusiastic
- 8 Emotionally resilient, stable, buoyant, takes things in stride, adaptable, predictable
- 9 Energising self-emotions, comfortable with self, positive identity
- 10 Cooperative, good team player, sees benefits of rules  
Assertive, self directing, stands up for self and their beliefs  
Inter-dependent, positive influence over others, accepts and takes the lead
- 13 Given appropriate autonomy support, trust, parents have appropriate expectations
- 14 Parents engaged in education, help young person succeed in school

## High AGENCY

- 1 Good self belief in capacity to cope with demands of school, feels in control
- 2 Good learning competency, able, picks things up quickly, attentive, works well on their own
- 3 Good physical well-being, fit and well, healthy vitality, energetic
- 11 Stable family, well supervised, consistent parenting, clear rules, structured and secure base

## Distorted AUTONOMY

- 7b Resistant motivated more to oppose teacher / win one over the system
- 9b Inflated self-emotions, arrogant, volatile
- 10b Oppositional, defiant, no respect for authority, confrontational  
Aggrieved, angry, touchy, bears grudges  
Distorted autonomy, over reliance on self
- 13b Over-exposed, left to bring self up, makes all the decisions
- 14b Parents anti-school, their main motive is to beat system

