+ Self-Efficacy

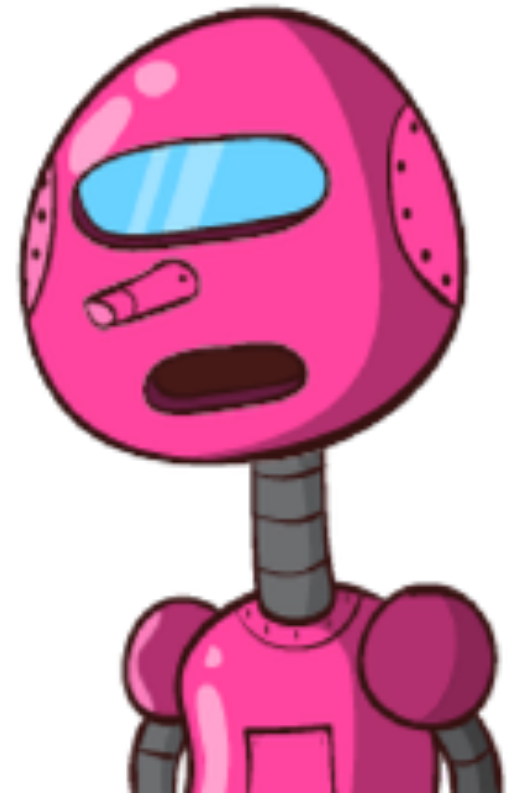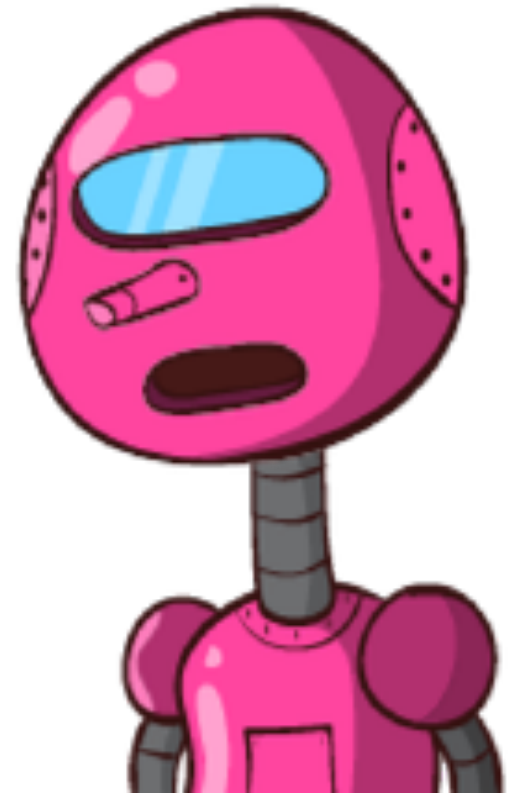"Am I in control of my own life?"

+ Utility

"Will this help me meet my goals?"