

- People engage in behaviors
 - ▶ To avoid future problems.
 - ▶ To attain anticipated benefits
- Anticipation behavior increases the probability to reach a goal.

- Without support from others it is very hard to reach a goal.
 - Without one's own support it is impossible.
- Handling information about your own behavior implies determination over decisions and actions.

- Self-observation
- Self-evaluation
- Self-generated actions

SYSTEM'S SUBFUNCTIONS

- It is important to pay attention to relevant aspects of behavior.
- It must be reliable, consistent and close.
- Requires criteria to evaluate the performance and the behavioral changes.
- Self-diagnostic to realize the determinants and contingencies of the behavior.
 - "You must be aware"
- Focusing on successes increases the probability of performing the desired behavior.

SELF-OBSERVATION

- Self-concept and self-esteem.
 - How we judge and value ourselves.
- Self-vigilance.
 - Establishing personal criteria to define success and failure.
- Goal setting.
 - ▶ Establishing reachable subgoals which will allow to attribute success internally.
- Self-evaluative responses.
 - It is important to notice changes as they are happening, because the system improves as a whole, not separately.

SELF-EVALUATION

- Self-motivation based on incentives.
- Positive self-evaluations based on self-esteem and self-satisfaction.
- Goal selection.
- Anticipation of satisfaction felt at reaching desired achievement level.

SELF-GENERATED ACTIONS

- Self-dialogue.
- > Self-control.
- Self-efficacy.
- > Self-visualization.

THE SELF-SYSTEM

- In Competition settings self dialogue can interfere with performance:
 - I'm tired. I cannot go on, I have to rest .This is hard. My opponent looks so strong!
- Or it can be helpful:
 - I wont stop until I get it.
 - I'm tired but I bet the other one is even more tired than I am.

- ▶ Technical Modifications.
- ▶ Effort Management.
- Attentional focus.
- > Self-reinforcement.

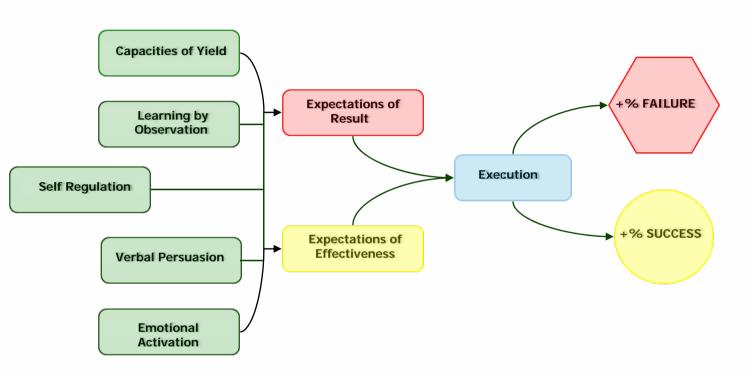
- "These things only happen to me!"
 - I have had some great breaks in the past. I can handle it.
- "Things were so easy and I had to complicate them for myself!
 - Calm down, get back to the basics, you know what you should do here.

SELF-STATEMENTS AND SELF-DIALOGUE CAN BE CHANGED:

- Emotional Control.
- Cognitive Control.
- Behavioral Control.

- Focused on emotions
 - Evaluation
 - Acceptance
 - Rationalization
- Focused on the performance
 - External Re-evaluation
 - Visualization of mental training

- Positive Thoughts.
- Visualization of the "game plan".
- Emotional Focusing.



SELF REGULATION AND ATHLETIC SUCCESS

Self-control is about choosing to do what works, not hoping that problems go away!