

*Non self-determined*

*Self-determined*

|                       | <b>Amotivation</b>   | <div>Lower Motivational Quality</div> <b>Extrinsic Motivation</b> <div>Higher Motivational Quality</div> |   |   |   | <b>Intrinsic Motivation</b>   |
|-----------------------|--|--|---|---|---|---|
| Regulatory style      | <b>Non-Regulation</b>  | <b>External Regulation</b>   | <b>Introjected Regulation</b>                         | <b>Identified Regulation</b>                              | <b>Integrated Regulation</b>                    | <b>Intrinsic Regulation</b>   |
| Source of motivation  | <b>Impersonal</b>  | <b>External</b>  | <b>Somewhat external</b>                              | <b>Somewhat internal</b>                                  | <b>Internal</b>                                 | <b>Internal</b>   |
| Motivation regulators | <b>No intention</b><br><b>Incompetence</b><br><b>Lack of control</b> | <b>Compliance</b><br><b>External rewards or punishments</b>  | <b>Ego-involvement</b><br><b>Approval from others</b> | <b>Valuing an activity</b><br><b>Endorsement of goals</b> | <b>Congruence</b><br><b>Synthesis with self</b> | <b>Interest</b><br><b>Enjoyment</b><br><b>Inherent satisfaction</b> |

Autonomy, Competence, Relatedness → Internalization