

Non self-determined

Self-determined

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

Autonomy, Competence, Relatedness → Internalization