



DOWNLOAD



## The Capacity for Self Direction: 245-67 (Classic Reprint)

---

By Sara K Winter

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from The Capacity for Self Direction: 245-67 This study compares self-descriptive essays written by business-school students who were subsequently successful (N=13) and unsuccessful (N=11) in attaining personal change goals during semester-long self-analytic groups, using a new method for self-directed behavior change. Content analysis comparisons of the two groups revealed three significant differences: (a) High-change subjects more frequently stated goals with implicit recognition that the goal had not yet been attained; (b) Low-change subjects more frequently described themselves with little recognition of alternate possibilities; (c) Low-change subjects were higher in tentativeness and uncertainty about themselves ( identity diffusion ). These findings were then cross-validated in a second sample of students who were successful (N=9) and unsuccessful (N=22) in reaching their change goals. The results are interpreted as suggesting that successful self-directed personal change is motivated by awareness of the cognitive dissonance which is created when an individual commits himself to a valued goal that he sees as different from his present behavior. The low-change subject is one who does not create cognitive dissonance in the process of...



READ ONLINE  
[ 1.57 MB ]

### Reviews

*Extensive guide for ebook lovers. It generally does not cost excessive. Your way of life span will likely be convert the instant you complete looking at this ebook.*

-- **Rocky Dach**

*Certainly, this is the very best work by any author. It is amongst the most remarkable publication i have got study. I am just happy to inform you that this is actually the greatest pdf i have got study inside my individual daily life and can be he very best publication for at any time.*

-- **Gilbert Rippin**