

*RacLab*

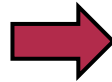
**What Is *Ego Depletion*?**  
**Toward a Mechanistic Revision of the  
Resource Model of Self-Control**

**2012**

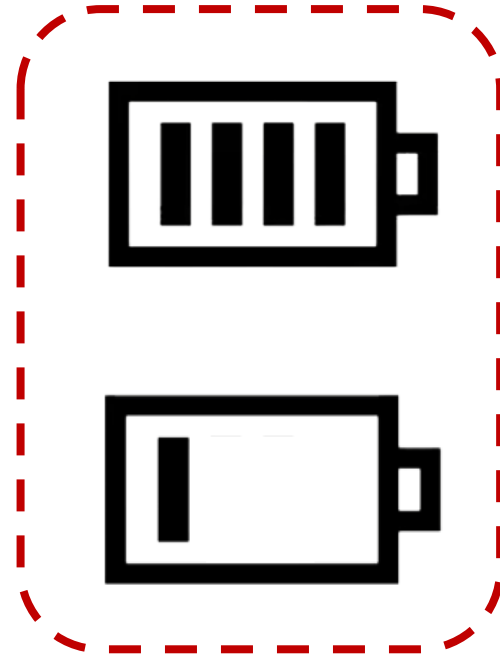
Yang Ziyang

2025.3.6

## *Self-control is a fundamental ability*

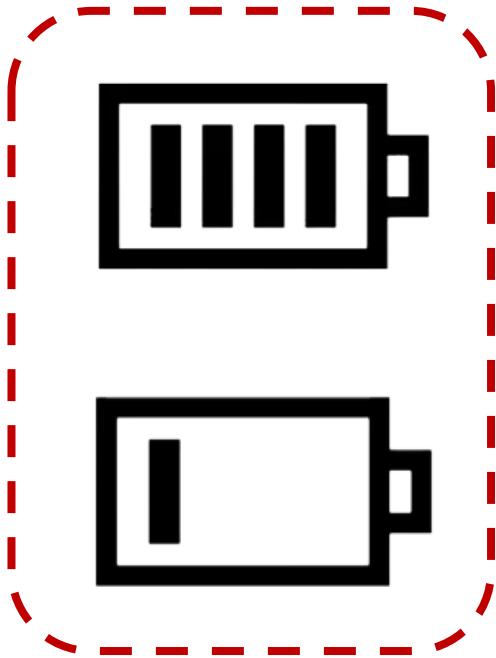


**override or alter their  
own thoughts, emotions,  
and behaviors.**



**resource (or strength)  
model of self-control**

## *Self-control is a fundamental ability*



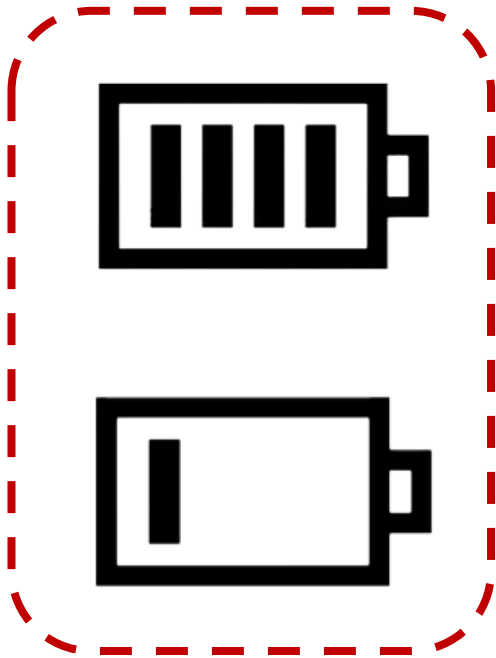
exerting self-control on one task



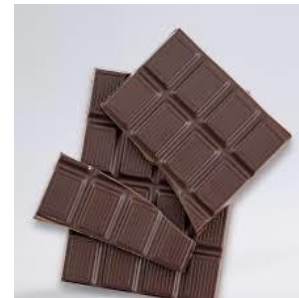
subsequent, ostensibly  
unrelated self-control tasks.

**resource (or strength)  
model of self-control**

## *Self-control is a fundamental ability*



**resource (or strength)  
model of self-control**



*Baumeister et al., 1998*

# Introduction

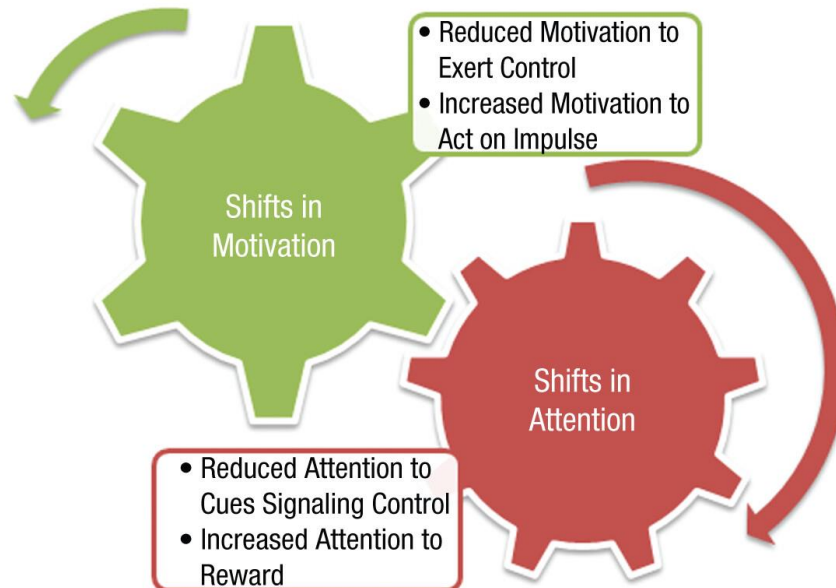


**the sequential  
task paradigm**

*Baumeister et al., 1998*

## the Process Model of Ego Depletion

Self-Control Exertion at Time 1



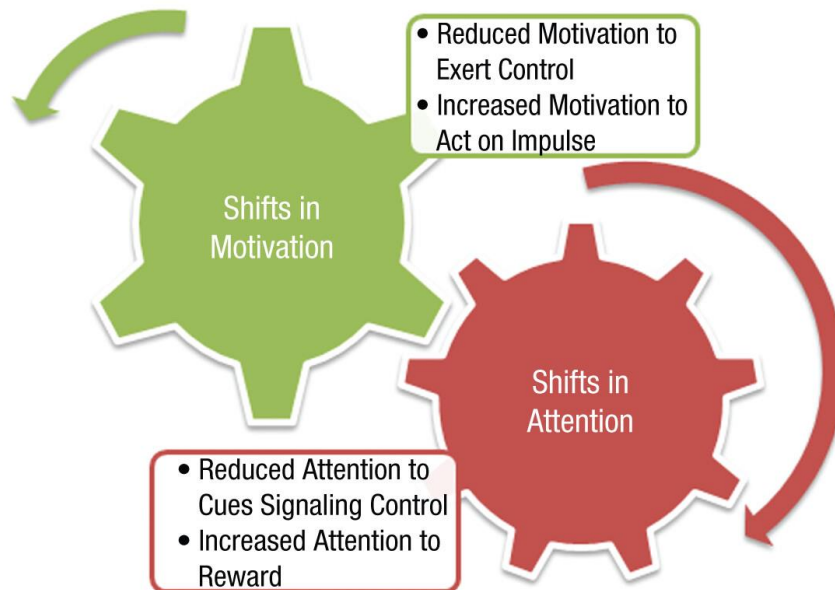
**Motivation**

**Attention**

Self-Control Failure at Time 2

## the Process Model of Ego Depletion

Self-Control Exertion at Time 1



Self-Control Failure at Time 2

**Motivation**

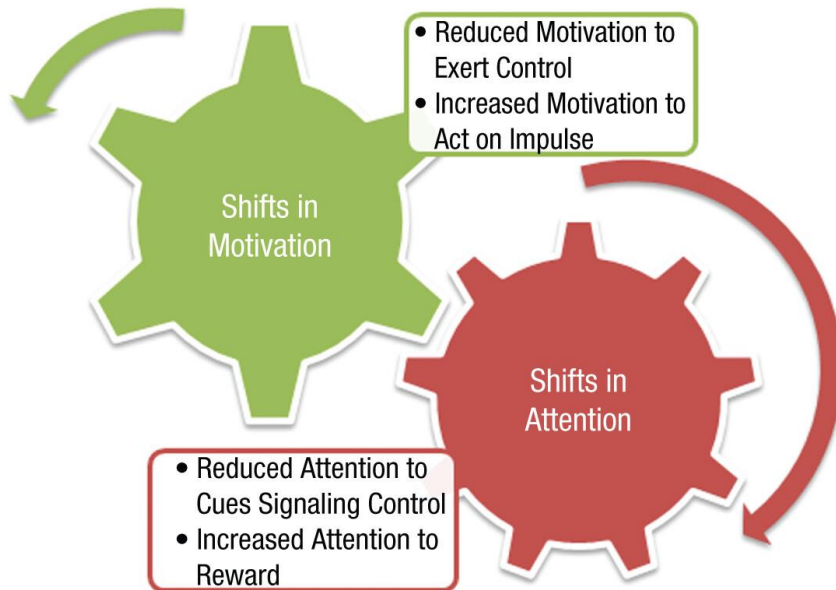
suppressing and inhibiting



approaching and gratifying

## the Process Model of Ego Depletion

Self-Control Exertion at Time 1



Self-Control Failure at Time 2

## Attention

cues signaling the need to exert control



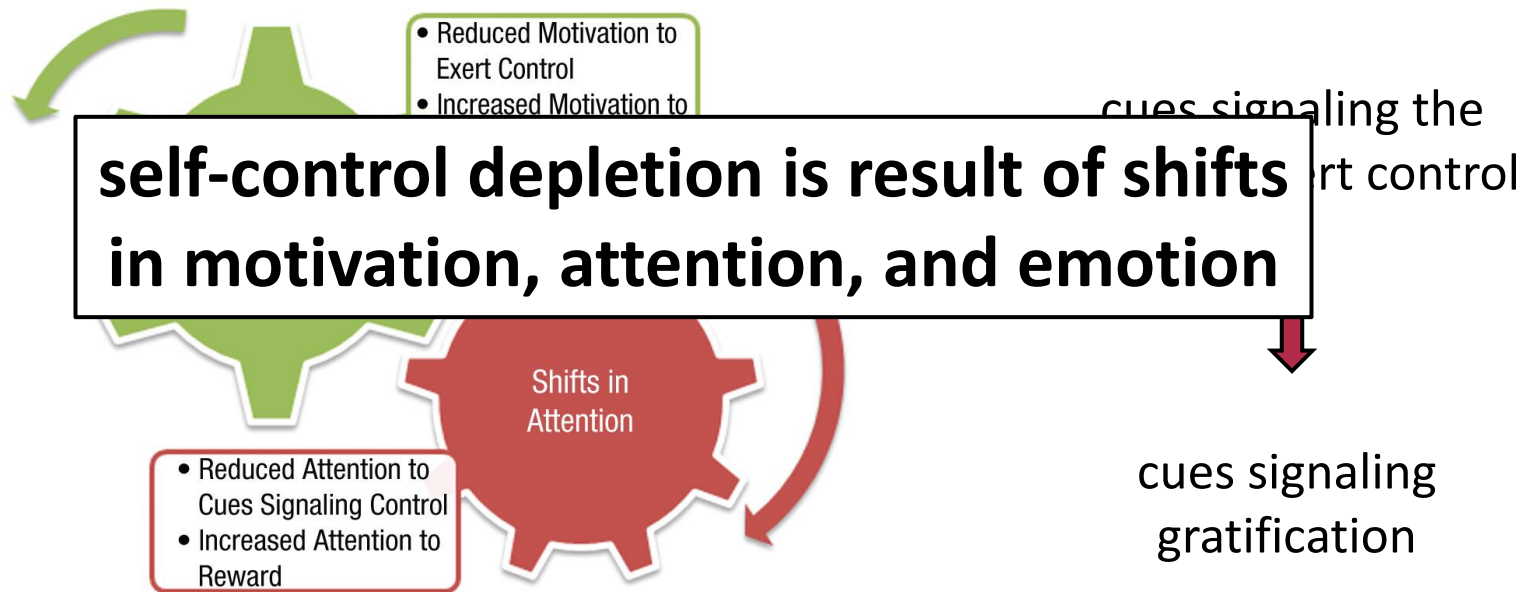
cues signaling gratification



# Introduction

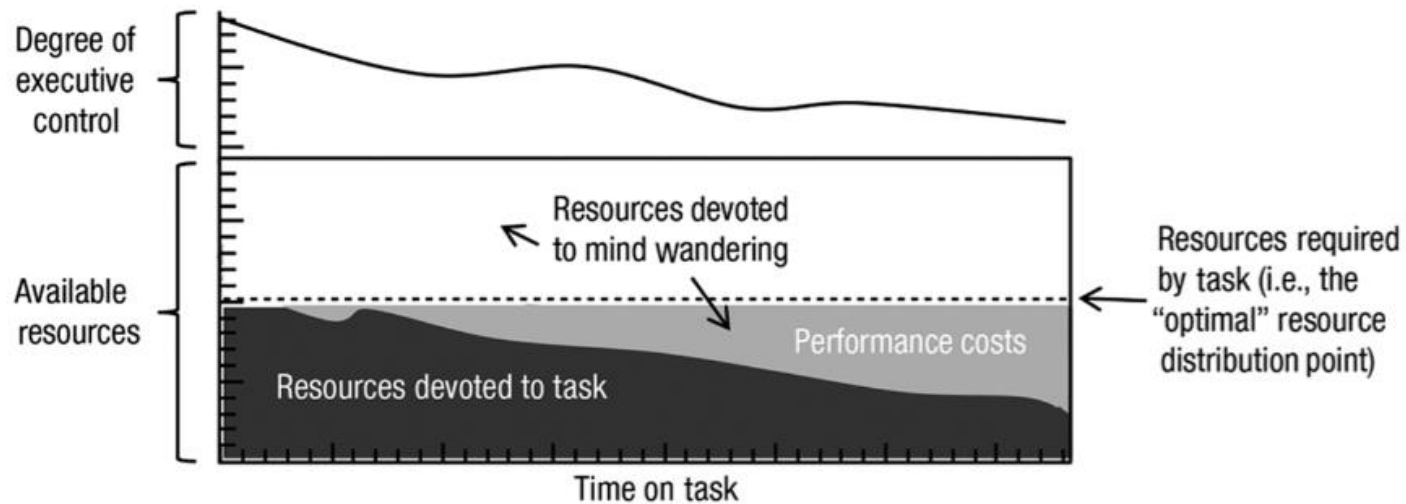
Self-Control Exertion at Time 1

**Attention**

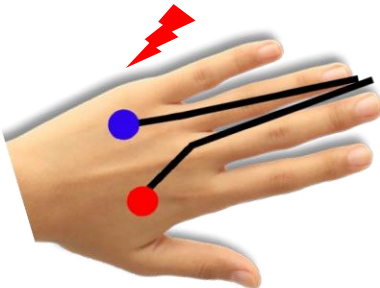


Self-Control Failure at Time 2

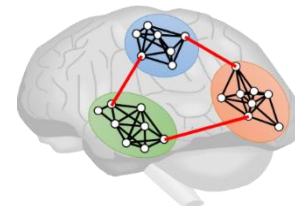
# Introduction



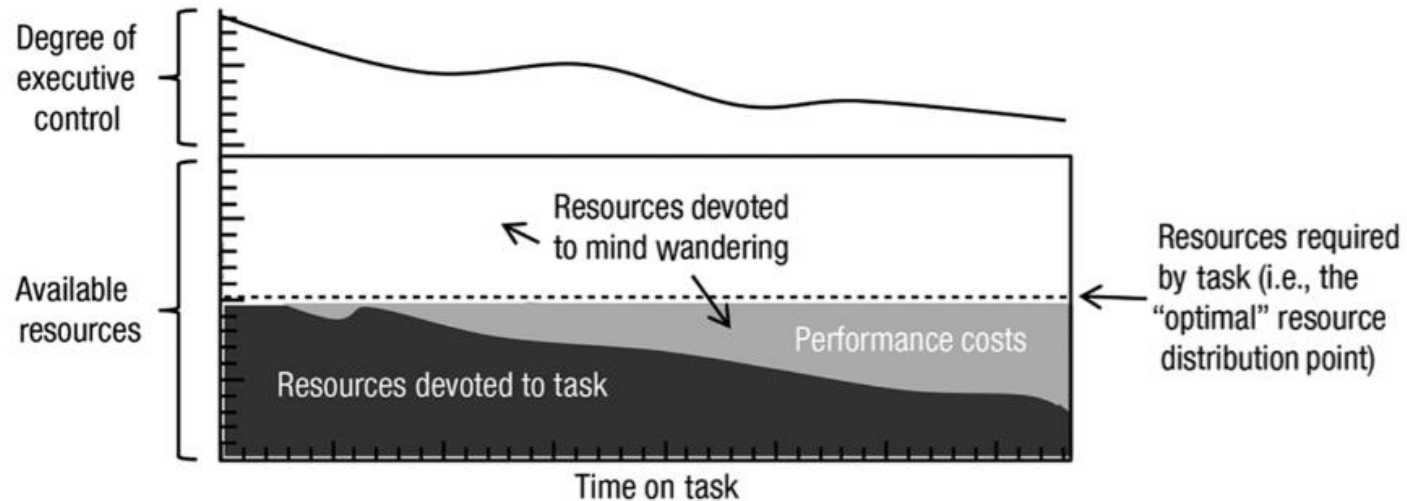
***Pain***



***Cognitive processes***



# Introduction

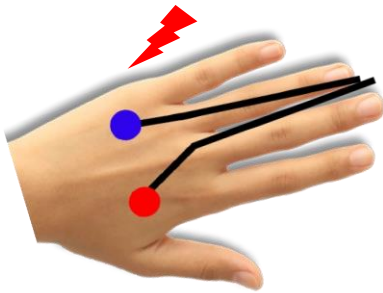


**derived from the sequential task paradigm  
does not specify or more completely  
characterize the nature of the resource**

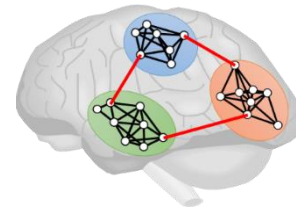
motivational deficit? resource deficit?

# Introduction

***Pain***

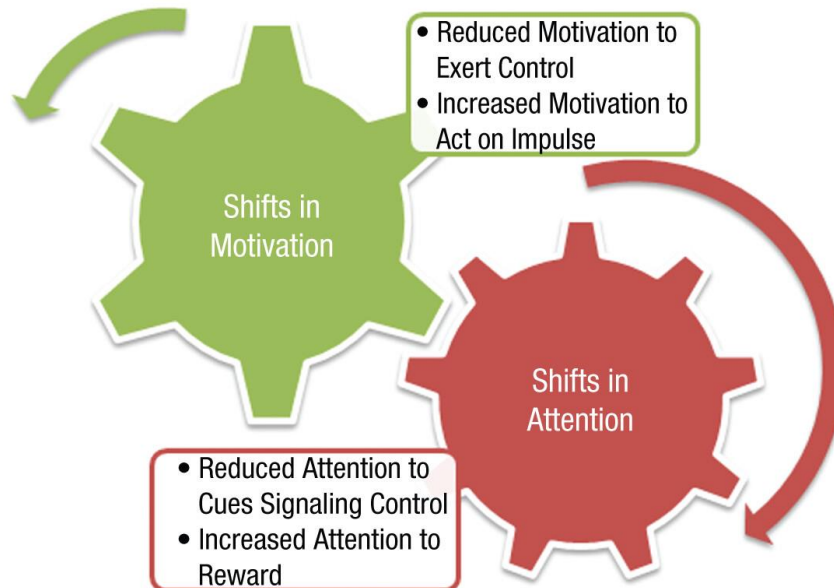


***Cognitive  
processes***



## the Process Model of Ego Depletion

Self-Control Exertion at Time 1



**Motivation**

**Attention**

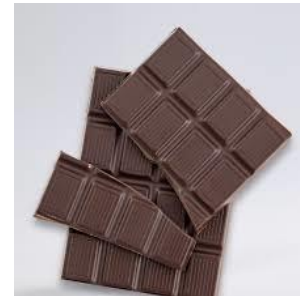
Self-Control Failure at Time 2

## Shifts in motivation: I do not want to control myself

Engaging in self-control is hard work

- deliberation
- Attention
- vigilance

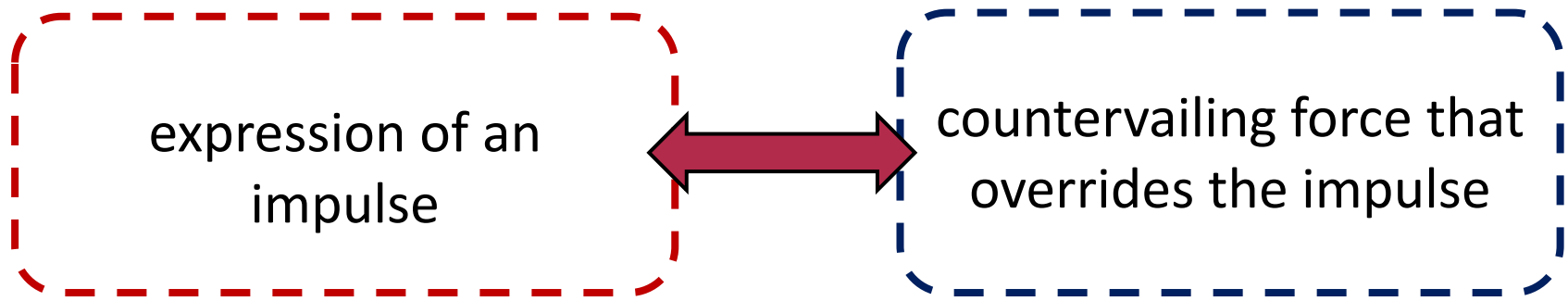
*“not that they cannot regulate but  
that they choose not to regulate”*



NO REWARD



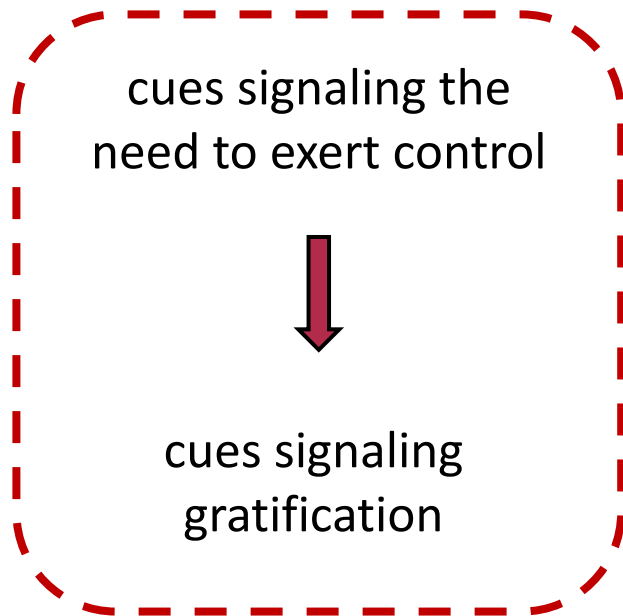
## Shifts in motivation: I want to go with my gut



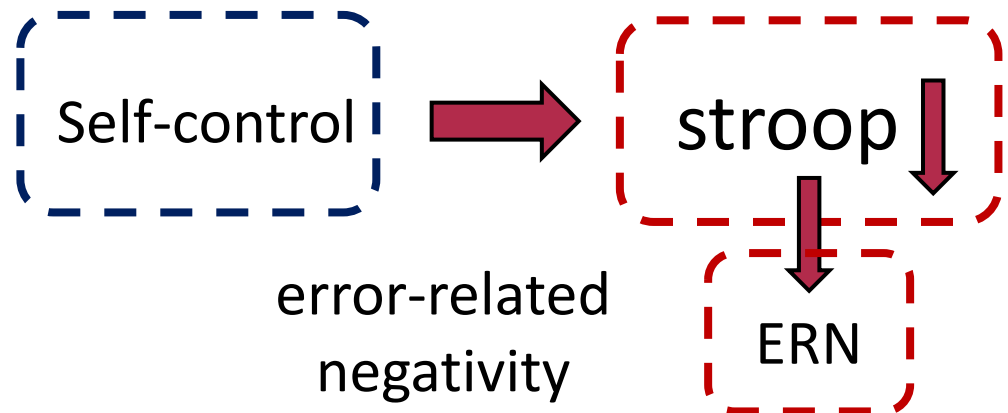
High - stakes gambles { - low self control  
- high approach

Low - stakes gambles - high approach

## Shifts in attention: Do I need to control myself now?

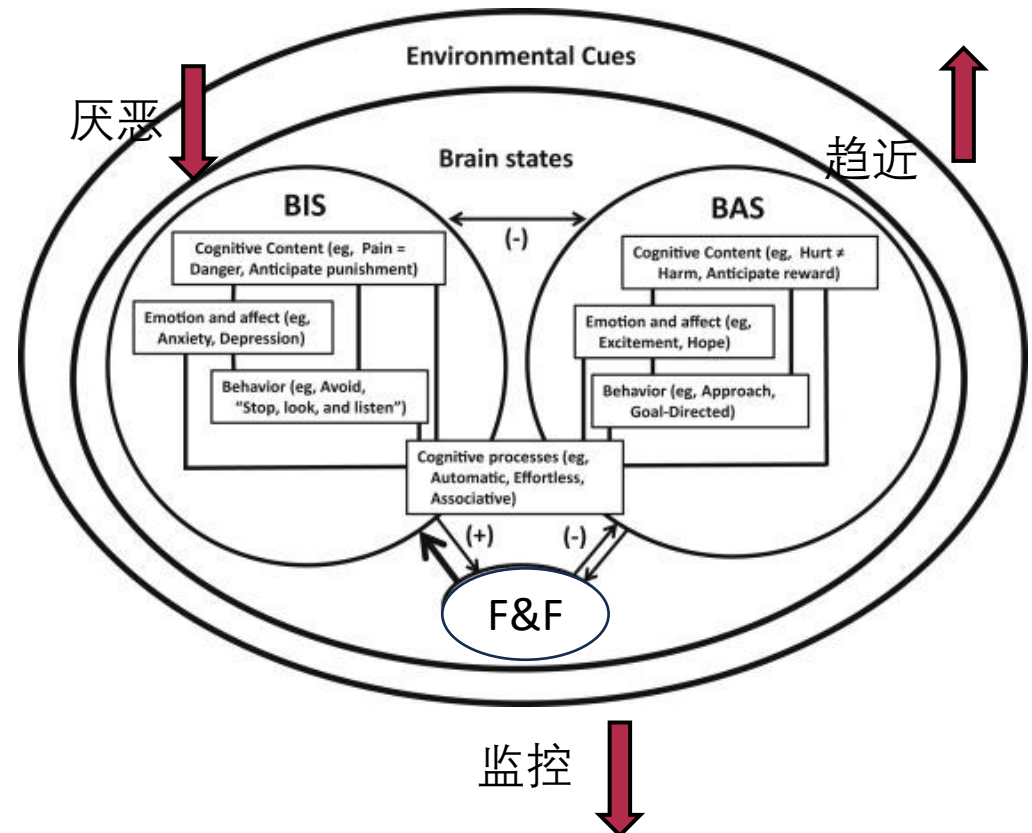
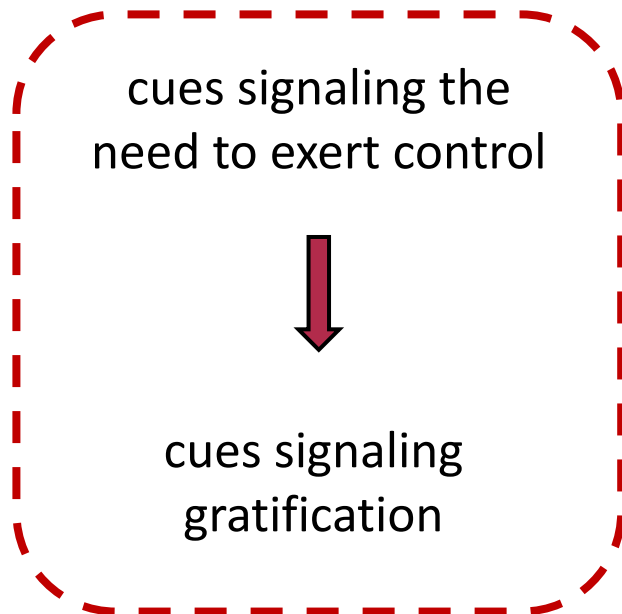


*“Self-control failure in the sequential task paradigm may come about, because people **fail to notice when** control is actually needed”*





## Shifts in attention: I see rewards?



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