

MOST AUTONOMOUS

Intrinsic motivation:

Fun and enjoyment

Integrated regulation:

Fits in with wider values

Identified regulation:

*Value outcomes of
behavior*

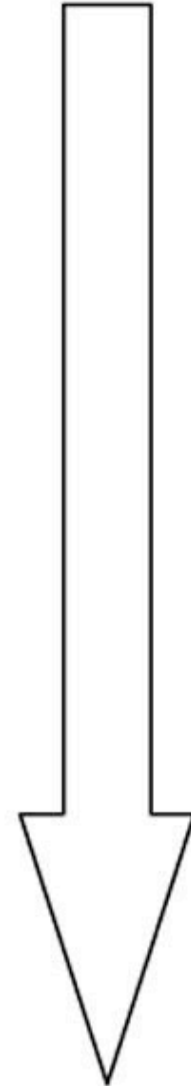
Introjected regulation:

Feelings of guilt

External regulation:

Because others want me to

Amotivation: *Don't see
point in behavior*



MOST CONTROLLING