



Self Regulation

by Vlad Ungureanu

Self Regulation

- **What is Self Regulation?**
- **Self Control**
- **Trustworthiness**
- **Conscientiousness**
- **Adaptability**
- **Innovation**

How you control and manage yourself and your emotions, inner resources, and abilities. It also includes your ability to manage your impulses.

(self-regulation)



- **Self-Preservation**

They have a healthy attitude towards 'things' and focus on what they need in order to live, rather than what they want. They use what they need to enrich their lives, but do not over-indulge. They do not try to exploit others in any way.

- **Self-Assertion**

They know their own value, and are comfortable in saying what they think in a way that allows others to speak too. They are firm but gentle with others, and do not put themselves or others down.

- **Self-Fulfilment**

- The way to self-fulfillment is closely linked to resilience. Those with self-control are able to understand that it is important to persevere with difficult activities if you are to develop skill in them. However, if you do persevere, you will learn the skill and will get pleasure from it.

- **What sort of things do you want, and how many?**
- Do you desire a reasonable amount, too many or too few?
- It's reasonable to want a few things but, if as soon as you get something you're looking for the next, that's not so good. And if you want something in such large quantities that it affects your health or well-being, that's also bad news.
- **How much do you want the object?**
- How far would you go to get it? (you would do something illegal, or put yourself in debt, to obtain it)

- **How much enjoyment do you get out of it?**
- Do you enjoy it enough to make it worthwhile, or simply move on to wanting more or something else?
- **When do you satisfy the desire appropriately?**
- Is now a good time, or would 'later' or another occasion be more appropriate?
- **How much pain does it cause you not to satisfy the desire?**
- Is it excessive to the extent that it is damaging your enjoyment and that of other people?

- Acting in accordance with your internal values and your code of ethics
- Maintain your integrity even when it makes you unpopular
- Being authentic towards yourself
- Assimilate values that bring you benefits and are socially acceptable

trust



image source: <http://reddit.com/funny/Past/11526>

- Meet your commitments and keep your promises to others
- Be careful about your work
- Take responsibility for setting and then achieving realistic objectives
- Organizing yourself to make sure that they can achieve your objectives

- Ability to adjust to change, or to be resilient to it
- Prioritize in order to deliver multiple items but conserve your energy as best as possible
- Adjust accordingly to the situation and the context you are in
- Try to see multiple perspectives of the same situation
- Reframe change as an opportunity or and adventure
- Avoid whining as much as possible

- Cognitive flexibility — the ability to use different thinking strategies and mental frameworks.
- Emotional flexibility — the ability to vary one’s approach to dealing with emotions and those of others.
- Dispositional flexibility — the ability to remain optimistic and, at the same time, realistic.

- Accept or at least think about other ideas and approaches
- Be opened to trying new solutions
- Get accustomed to gathering information from multiple sources
- Formulate your own ideas, even if they are derived from other peoples ideas
- Leave your thinking comfort zone when possible and safe

THANK YOU!

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