

Basic psychological needs satisfied.

e.g., Individual feels they have the skills to perform behavior, have been given choice about the behavioral task and supported by others.

Autonomous forms of motivation guide behavior.

e.g., Individual exercises because they enjoy it or value the outcomes that they will accrue.

Positive behavioral, cognitive and affective outcomes.

e.g., Individual adheres to and enjoys exercise program.

OR

Basic psychological needs thwarted.

e.g., Individual feels they do not have the skills to perform behavior, have had no choice about the behavioral task they are performing and are not supported by others.

Controlling forms of motivation guide behavior.

e.g., Individual exercises because they feel guilty if they don't or because their health professional has said they should.

Negative behavioral, cognitive and affective outcomes.

e.g., Individual drops-out of exercise program and develops negative attitudes about exercise.