

Reversal theory – Motivation, Emotion and Personality

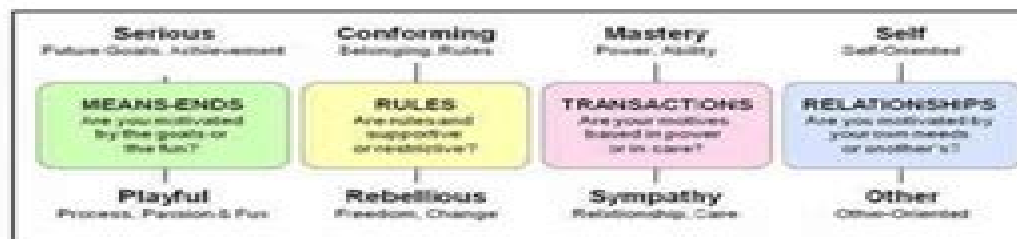
Reversal theory is an innovative psychological theory exploring human motivation, emotion and personality.

Reversal theory can improve understanding in the following key areas:

- athletes' motivational states when performing
- athletes' motivational characteristics
- identifying performance problems
- athletes' experiences of stress
- intervention strategies
- eating disorders
- exercise addiction.

It focuses on the normal human experience to describe how a person regularly reverses between psychological states, reflecting their motivational style and the meaning they attach to a given situation at a given time. For example, sometimes a roller coaster seems exciting; other times, it may cause anxiety. Sometimes a crying baby creates sympathy; other times it causes irritation.

Reversal Theory proposes that our motives can be organized into four categories (called *domains*). Within each category (or domain), there are two opposite *motivational states*. You are motivated by one state in each domain at any given time (so four states are active at once). This figure shows the domains and states



The four pairs (or domains) are as follows:

- Means-Ends - The two states in the first pair are called "Telic" (or "Serious") and "Paratelic" (or "Playful") and refer to whether one is motivated by achievement and future goals, or the enjoyment of process in the moment.

Reversal Theory Motivation Emotion And Personality

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