

Behavioral Self-Control: Power to the Person!

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The notion of self-control, associated with the ideals of freedom and self-improvement, is strongly embedded in our society. A free person is one who guides and directs his own actions. He is the master of himself and his immediate environment. Moreover, we value self-control because of its role in the survival of our society and culture. One measure of a "civilized" society is the degree to which its inhabitants direct, maintain, and coordinate their activities without external coercion. If more individuals could develop effective self-management skills, the need for professional helpers and the number of passive, "you help me" patients might be sharply diminished.

The term "self-control" has meant different things to different people. Its most popular synonym, by far, has been "will power"—a vaguely defined inner force. Other definitions have emphasized personality traits or supernatural forces. One of the oldest examples of effective self-control was reported by Homer in describing the travels of Odysseus. To manage the bewitching effects of the Sirens, Odysseus had his oarsmen fill their ears with beeswax. To manage himself he commanded his men to tie him to the mast after warning them not to release him under any circumstances. Instead of beseeching the gods for aid or admonishing himself to exercise his will power, Odysseus altered some important environmental factors.

Vague notions and mysticism, have dominated our perspectives on self-control. Unable to fully understand how some individuals have been able to demonstrate self-control in the face of very trying circumstances, we have called their capacity "will power", or have attributed their behavior to the influence of some supernatural entity or hitherto hidden personality trait. This way of thinking about the problem has retarded understanding and discouraged research by its circularity. The person who demonstrates self-control by resisting a major temptation, such as the heavy smoker who quits cold turkey, is often described as having will power. How do we know he has will power? Well, he quit smoking, didn't he? Observing a self-regulative behavior, inferring will power, and then using the latter to "explain" the former is an all too frequent journey in discussions of self-control. It does not take us beyond the behavior to be explained. If John's unsuccessful attempt to lose weight can be attributed to his lack of will power, then we need not look any further for causes (or solutions). The question is whether conceiving of self-control as the exercise of will is useful in understanding self-regulatory processes. To date, the consensus among people who have studied self-control is that the volitional approach has seriously impaired the collection and interpretation of knowledge about self-management.

What are the alternatives to the Will Power party? If we had listened to Homer many centuries ago, perhaps our efforts toward understanding self-control would not have gone so far astray. The key to Odysseus' success was in recognizing that self-control is integrally bound up with immediate environmental considerations. During the past decade we have again learned that an individual's ability to control his own actions is a function of his knowledge of and control over situational factors. A rapidly expanding body of evidence indicates that effective, durable methods of self-regulation can be established if attention is given to the significant relationships between the person and his environment. Indeed, preliminary studies have pointed toward the possibility of creating a "technology" of behavioral self-control—a set of procedures that the individual can learn to use in directing and managing his own internal and external actions (Thoresen & Mahoney, in press).

The acquisition of these self-control skills is dependent on the person's ability to identify patterns and causes in the behaviors to be regulated—to pick out cues or events that frequently precede overeating, for example, or to notice the consequences that often follow smoking. The Greek maxim "Know thyself might be paraphrased as "Know thy controlling variables." Beyond this, a person must know

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Congressional Record United States. Congress,1959 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

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such as behavioral medicine specialization runs supreme to the extent that there are experts in the specific addictions adult medical problems and child medical problems Given the extent of specialization there are numerous ways to skin the proverbial cat We therefore have chosen to look at the contemporary work in behavior therapy that is being carried out with adults in part of course because of our long standing interest in this area as teachers researchers and clinicians In so doing we have chosen to highlight the clinical aspects of the endeavor but not at the expense of the rich research heritage for each of the specific adult disorders *Norfolk and Western Magazine* ,1960 Instrument Engineers' Handbook, Volume Two

Bela G. Liptak,2018-10-08 The latest update to Bela Liptak s acclaimed bible of instrument engineering is now available Retaining the format that made the previous editions bestsellers in their own right the fourth edition of Process Control and Optimization continues the tradition of providing quick and easy access to highly practical information The authors are practicing engineers not theoretical people from academia and their from the trenches advice has been repeatedly tested in real life applications Expanded coverage includes descriptions of overseas manufacturer s products and concepts model based optimization in control theory new major inventions and innovations in control valves and a full chapter devoted to safety With more than 2000 graphs figures and tables this all inclusive encyclopedic volume replaces an entire library with one authoritative reference The fourth edition brings the content of the previous editions completely up to date incorporates the developments of the last decade and broadens the horizons of the work from an American to a global perspective B la G Lipt k speaks on Post Oil Energy Technology on the AT T Tech Channel **Meditation** Deane H. Shapiro (Jr.),Roger N. Walsh, Many claim that meditation is effective in the treatment of many ailments associated with stress and high blood pressure and in the management of pain While there are many popular books on meditation few embrace the science as well as the art of meditation In this volume Shapiro and Walsh fill this need by assembling a complete collection of scholarly articles Meditation Classic and Contemporary Perspectives From an academic rather than a popular vantage the volume takes the claims and counterclaims about meditation to a deeper analytical level by including studies from clinical psychology and psychiatry neuroscience psychophysiology and biochemistry Each selection is a contribution to the field either as a classic of research or by being methodologically elegant heuristically interesting or creative Original articles cover such topics as the effects of meditation in the treatment of stress hypertension and addictions the comparison of meditation with other self regulation strategies the adverse effects of meditation and meditation induced altered states of consciousness Concluding with a major bibliography of related works Meditation offers the reader a valuable overview of the state and possible future directions of meditation research Today in the popular media and elsewhere debate continues Is meditation an effective technique for spiritual and physical healing or is it quackery Meditation Classic and Contemporary Perspectives weighs in on this debate by presenting what continues to be the most complete collection of scholarly articles ever amassed on the subject of meditation

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