

control-act(s)

... the definitive motive of any act lies in its temporal context ... - ... the pattern of past and future acts into which the current act fits ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-addiction(s)

... **revolt against indulgence** ... - ... relative addiction theory says that social support, the benefit obtained from social activity is crucial for both prevention and cure of addiction ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-appreciation(s)

... **the appreciation of the amateur is inferior to the appreciation of the professional** ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-behavior(s)

... **teleological behaviorism** ... — ... ability to organize our behavior into **pattern(s) extending over time** ... - ... imposition of patterning in our overt behavior is the way in which we can best achieve self-control ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-concept(s)

... our self-concepts are perceptions (discriminations) of those abstract reflections ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-connection(s)

... breaking the connection between discriminative stimuli and addictive behavior is only half of the addict's job ... - ... the most difficult half is to establish connections between discriminative stimuli and non-addictive behavior ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-environment(s)

... objects in the environment, including other organisms or other people, may serve as functional (positively or negatively valued) mirrors of our behavior ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-function(s)

... the human function of psychology is to achieve human happiness in the most direct possible way ... - ... by forming our behavior into harmonious patterns ... - ... that is by developing good habits ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-guide(s)

... much of our language consists of discriminative stimuli and functions to guide future behavior ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-habit(s)

... in self-control situations ... – ... habits function to help us avoid making decisions on a case-by-case basis, to commit us to decisions made earlier, and to reap the benefits of following abstract rules rather than particular impulses ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-instruction(s)

... verbal instructions, and rules in general, serve as mediators between past experience and current behavior ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-itch(s)

... an **itch** ... – ... is a discriminative stimulus signaling that scratching has become a very strong but brief reward ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-master(s)

... **to be masters of our fate and captains of our soul** ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-math(s)

iframe scrolling="yes" width=80

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-mirror(s)

... our friends and relatives are essential mirrors of the patterns of our behavior ... – ... mirrors of our soul ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-monitor(s)

... self-monitoring is often the hardest part of a self-control program ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-pattern(s)

... pattern of obedience to learned rules ... – ... seem easy to do as long as they are to be done in the future ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-reflection(s)

... the reflection (or feedback) of behavior by the environment has been called **reafferent stimulation** ... – reinforcement – ... the value of the feedback is higher than the value of the behavior itself

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-reputation(s)

... personal and social reputations for consistency in patterning are so significant that, one way or another, they form the very basis of our self-concepts ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-sentence(s)

... the meaning of a sentence is to be found in the contingencies of reinforcement to which it refers ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control

control-skill(s)

... although in our society, in most cases, parents and community provide free social support to children, childhood is also also a learning period for highly complex social skills ...

life(s) / closure(s) / reflect(s) / fight(s) / science of self-control