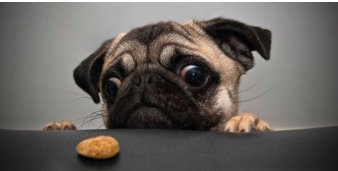


A Course in Willpower

MATTHEW DYSON

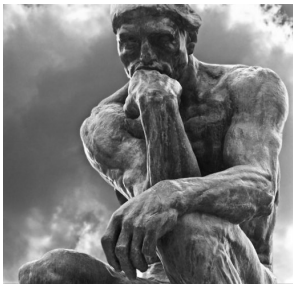
Agenda

- The Nature of Willpower
 - Benefits
 - How the Mind Works
 - Factors that Impact Self Control
- Willpower Strategies
 - Self Awareness
 - Internal Motivation
 - Environment Design
 - Habit Development
 - Maximising Willpower
 - Muscle
 - Mindset
 - Skills
- Application to Clinical Issues



Exercise

- Personal Willpower Challenge
Why difficult or successful?
- Client Willpower Challenge
Which are the Most Prevalent?
- 5 Benefits of
Greater Willpower



Willpower Challenges

<ul style="list-style-type: none"> Addictive Substances <ul style="list-style-type: none"> ◦ Alcohol ◦ Tobacco ◦ Recreational drugs Healthy Behaviours <ul style="list-style-type: none"> ◦ Exercise ◦ Nutrition ◦ Sleep Weight Management Unproductive Activity <ul style="list-style-type: none"> ◦ Procrastination ◦ Lack of Focus 	<ul style="list-style-type: none"> Distractions <ul style="list-style-type: none"> ◦ Social media ◦ Email / Text messages Addictive Activities <ul style="list-style-type: none"> ◦ News/Social media/Porn ◦ TV ◦ Gaming ◦ Internet "research" ◦ Gambling Social Demands <ul style="list-style-type: none"> ◦ Smiling at someone who isn't nice or funny ◦ Being diplomatic with an infuriating colleague ◦ Meeting your partner's needs
--	--

Benefits?

- Physical Fitness
- Longevity
- Financial Security
- Good Relationships
- Career Success
- Life Balance
- Effective Recreation
- Happiness



Fallout from Low Willpower

- Guilt
- Helplessness
- Stress
- Loneliness
- Poverty
- Poor Health



The Nature of Willpower

Psychological Definitions of Willpower

The ability to delay gratification, resisting short-term temptations in order to meet long-term goals.

The capacity to override an unwanted thought, feeling or impulse.

The ability to employ a "cool" cognitive system of behavior rather than a "hot" emotional system.

Conscious, effortful regulation of the self by the self.

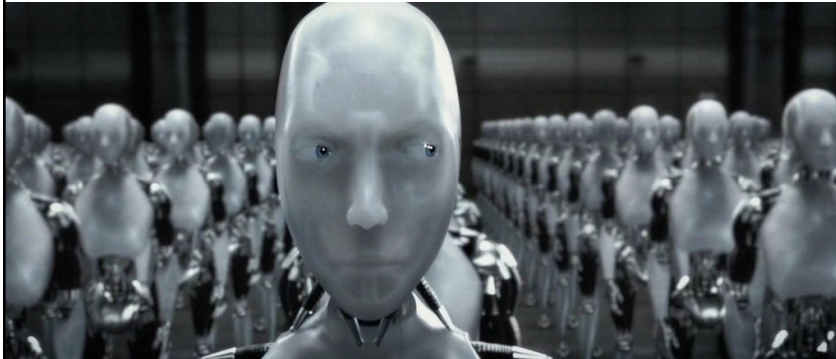
A limited resource capable of being depleted.



The Marshmallow Test



Impact



The Brain & Willpower

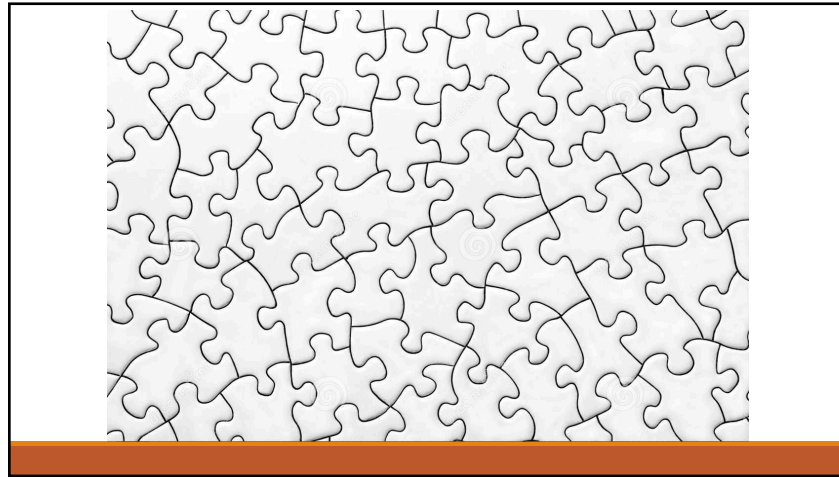


Can Willpower be Strengthened?



Too Much of a Good Thing!





The Determinants of Willpower



How to do The Right Thing...

Choices in Line with your Expectations

Internal
Motivation

Design
Environment

Develop
Habits

Use
"Willpower"

How to do The Right Thing...

Choices in Line with your Expectations

Internal
Motivation

Environment
Design

Habit
Development

Use of
Willpower



Muscle

Attitude

Skills

MINDSET

Is Willpower Limited?

MINDSET


Willpower Unlimited



Willpower Strategies - Top 40!


Awareness					
Mindfulness & Reflection	Distortions & Biases	Personalities	Triggers	Faulty Warning System	
Internal Motivation	Environment Design	Habit Development	Muscle	Willpower Mindset	Skills
Demonstrate Interest	Goals & Planning	Breaking in New Habits	Sleep	Solution Focus	Control Spectrum
Passion	Implementation Intentions	Detailed Steps	Nutrition	Compassion vs. Self-Criticism	Set Feelings Aside
Purpose	Predict Obstacles & Distractions	Deliberate Practice	Exercise	Depletion vs. Unlimited	Cool Down - Pause & Plan
Miracle Question	Make it Impossible to Fail	Repetition for Automaticity	Mindfulness & Acceptance	Change as a Process	Just Get Started & Start the Day Well
Visualisation	Remove Temptations / 20 Second Rule	Measurement	Rest & Relaxation	Relationship with Future Self	Delayed Gratification
Manage Expectations	Utilise Social Relationships		Meditation	Difficult / Unfamiliar First	Mental Contrasting

How Much Control?



👁️


Awareness



👁️

Willpower Strategies - Top 40!

Awareness					
Mindfulness & Reflection	Distortions & Biases	Personalities	Triggers	Faulty Warning System	
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	Utilise Social Relationships			Relationship with Future Self	Mental Contrasting



👁️

Unstructured time where there is no direct pressure to do anything...




👁️

Be a Scientist!




👁️

Mindful Awareness & Reflection



👁️

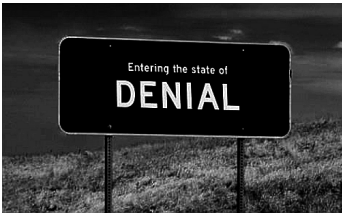
Self Deception



👁️

Thinking Biases & Cognitive Distortions


- Ambiguity & Erroneous Projections
- Cognitive Dissonance
- Moral Licencing
- Under-control & Over-control
- Dichotomous Thinking
- Global Thinking
- Perfectionism



👁️

Human Limitations


- We like to feel good now and are prone to discount future rewards
- We are overly optimistic & biased in our planning
- We dislike dissonance & will resolve it with excuses
- We can hold irrational beliefs about our expectations of ourselves
- We can be disorganized, undisciplined, overly self-conscious and prone to distractions
- We have a limited amount of willpower





Simplification

Thought



I think, therefore I am... not here.

— *What Hank* —

AZ QUOTES

Influence of Personality



Influence of Personality

- Impulsiveness
- Emotional Instability
- Socially Prescribed Perfectionists
- Self Efficacy
- Conscientiousness
- Self esteem



Triggers - e.g. Procrastination

- Boring
- Frustrating
- Difficult
- Ambiguous
- Unstructured
- Lacking in personal meaning
- Lacking intrinsic rewards



CyberSlacking



Faulty Warning System




Internal Motivation

PASSION & PURPOSE

Willpower Strategies - Top 40!

Awareness				
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				Control Spectrum
				Set Feelings Aside
				Cool Down - Pause & Plan
				Just Get Started & Start the Day Well
				Delayed Gratification
				Mental Contrasting

Internally Motivated



“Nothing Tastes as Good as Skinny Feels”

Willpower Strategies - Top 40!



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				Cool Down - Pause & Plan
				Just Get Started & Start the Day Well
				Delayed Gratification
				Mental Contrasting

Finding & Demonstrating Interest




- Beginners Mind
- Playfulness
- Curiosity
- Experimentation
- Knowledge

Passion



Purpose



Miracle Question



Visualisation



Manage Expectations



The Fastest Way to Happiness?



How Much Control?



Environment Design


EXTERNAL & INTERNAL

Willpower Strategies - Top 40!

Awareness					
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DESIGN

Goals & Planning




DESIGN

Implementation Intentions

"In situation X, I will do behaviour Y to achieve my goal Z"


Works because the cue for the behaviour is in the environment & makes control of the behaviour non-conscious



"If this happens, then I'll do this" (anticipating possible obstacles to your goal pursuit).

DESIGN

Predict Obstacles & Distractions



DESIGN

Make it Impossible to Fail



DESIGN

Use Willpower to Mitigate Temptations



DESIGN

Utilise Social Relationships



DESIGN

Choose Who your Friends are...



"The only thing that I see that is distinctly different about me is I'm not afraid to die on a treadmill. I will not be out-worked, period.

You might have more talent than me, you might be smarter than me, you might be sexier than me, you might be all of those things you got it on me in nine categories.

But if we get on the treadmill together, there's two things: You're getting off first, or I'm going to die. It's really that simple, right?"

DESIGN

David Blaine

DESIGN

David Blaine


Habit Development

Willpower Strategies - Top 40!

Awareness					
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HABIT

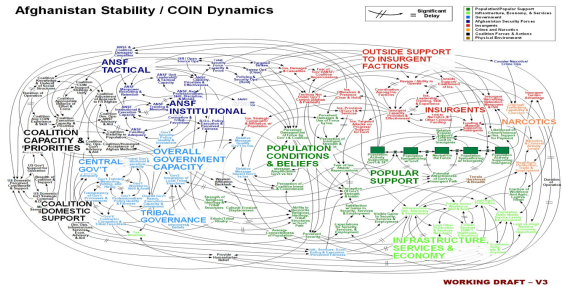
Breaking in New Habits



HABIT

Global vs. Detailed Steps

Afghanistan Stability / COIN Dynamics



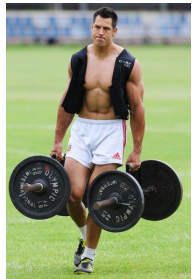
WORKING DRAFT - V3

MINDSET HABIT

Deliberate Practice


Requirements:

- A teacher / mentor
- A clearly defined stretch goal
- Full concentration and effort
- Immediate and informative feedback
- Repetition with reflection and refinement

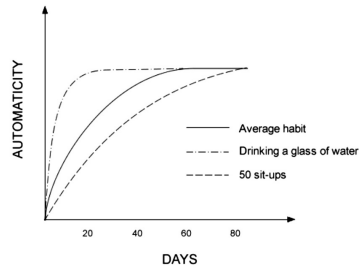


HABIT

Repetition for Automaticity



The Road to Automaticity



Measurement...



Muscle Development

CARE & FEEDING

Willpower Strategies - Top 40!

Awareness					
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				Relationship with Future Self	

Hygiene Factors



Sleep



Nutrition



Exercise



Rest & Relaxation - Managing Energy



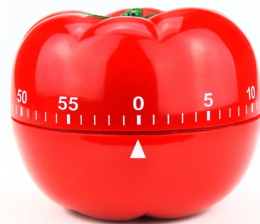
Rest & Relaxation - Positive Emotion



The Pomodoro Technique



- Priorities for the day
- Work for 25 minutes
- 5 minute break
- 20 minute break after 4 Pomodoros
- Reflection and list for tomorrow



Rest & Relaxation - Managing Energy



Meditation



Meditation - Dealing with distractions



Difficult / Unfamiliar First



Willpower Mindset

Willpower Strategies - Top 40!

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MINDSET

Solution Focus - What you Really Want!




MINDSET

Mindfulness & Acceptance




- Separate Yourself from the Primitive Mind
- Nurturing Mindset for Learning
- Awareness of Challenging Contexts
- Internal Focus for Noticing Stress and Satiation
- Observational Skills for Skill Development
- Stress Reduction



MINDSET


Compassion Vs Self Criticism



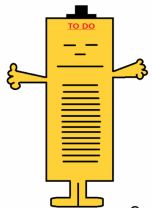
MINDSET

Messy Vs. Organised

MR. MESSY
By Roger Harragrove



MR. ORGANISED



@youthedaddy

Compassion and Self-Control



Women who received the “self-compassion” message ate 60% fewer sweets

The Skill of Self-Compassion



- Mindfulness of stress/suffering (What are you experiencing?)
- Common humanity (How is this stress/setback universal?)
- Self-mentoring (What would you say to someone you care about?)

MINDSET


Limited or Unlimited?

Glucose Depletion

Stress & HRV

Slowdown in Anterior Cingulate Cortex

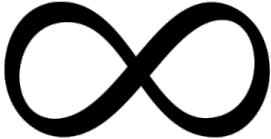
At the End of the Day...



MINDSET


Limited or Unlimited?

- Beliefs
- Implementation Intentions
- Autonomy
- Small Steps
- Positive Emotions
- Meditation
- 5 minutes Exercise
- Deep Breaths to inc. HRV
- Elasticity of Willpower



MINDSET

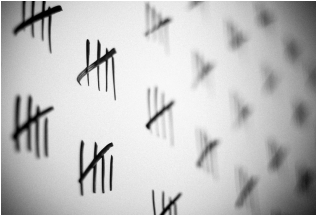
Change as a Process



MINDSET

Practicing Mindset

- Keep yourself Process-Oriented - Making the Process the Goal
- Stay in the Present
- Use the Overall Goal as a Rudder to Steer your Efforts
- Have an Intention about What you Want to Accomplish
- Remain Aware of that Intention.




MINDSET

Relationship to your Future Self

Delay Discounting

- Foresight - Future Impact of Current Actions
- Bundling
- Trust
- Visualisation



Willpower Skills

Willpower Strategies - Top 40!

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				Relationship with Future Self	

Take Responsibility - Control Spectrum

How Much Control?


What Actions?
(what can you do / say etc.)

When are You Done?

The Skill of Acceptance

Link with Global-Specific thinking

You're Only Human



Set Aside Feelings & Thoughts



Cool Down the Hot Impulses

Pause & Plan -
Slow Breathing

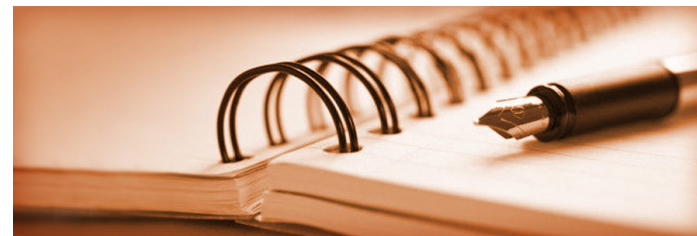
Cool Representations
of the Stimulus



Heat Up your Solutions



Just Get Started



Start the Day Well



Delaying Gratification

Urge Surfing

If I Still Feel Like it Later...



Mental Contrasting

Where you Want to be - Challenging but Realistic

Where you are Now, the Gap & the Path

Obstacles that may Arise

Plan How you will Overcome them



Willpower Strategies - Top 40!

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Application of Strategies

Group Exercise

For your
Willpower Challenge:

Top Strategies

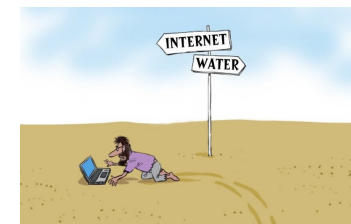
How they would
Work in Practice



Weight Management



Internet, TV & Social Media Addictions



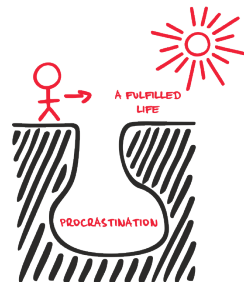
Anxiety & Confidence – Facing your Fears



Relationships - staying calm and clear



Procrastination



In the Consulting Room..

Designing Bespoke Solutions

FOR YOU AND YOUR CLIENTS



Simplification

Client Homework

- Do Something Different
- How much Control?
- Benefits in the Process
- First Thing
- Notice Setting Feelings Aside
- Implementation of Environment Strategies
- "If I still feel like it later..."
- What's your Homework?



Hypnosis

- Relaxation
- Visualisation
 - Benefits
 - Habits
 - Future Self
 - Obstacles
- Control
- The Process of Change
- Comfort with Discomfort



Summary

Top Messages

Make Willpower Unnecessary

- Evolve Passion and Purpose

Hygiene Factors

- Sleep
- Energy Management

Mental Contrasting

- What you Want
- How you'll Overcome Obstacles

Cool Down the Hot Impulses

- Notice thoughts without judgement
- Breathe / Walk

Setting Feelings Aside

- Actions not Thoughts or / Feelings
- Comfort with Discomfort

Pre-Decisions - Commitment Strategies

- Relationship to future self
- Implementation Intentions

Global to detailed - The Practicing Mind

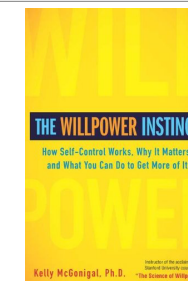
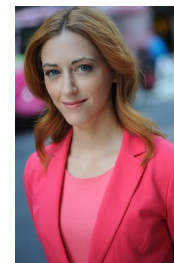
- Where on the Control Spectrum?
- Small Actions not Feelings or Thoughts

Be Kind to Yourself

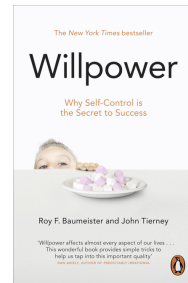
- Acceptance & Compassion
- Self Change as a Journey

Resources

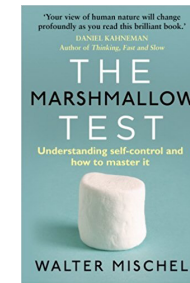
Kelly McGonigal



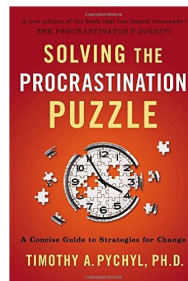
Roy Baumeister



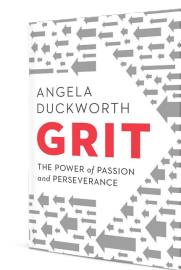
Walter Mischel



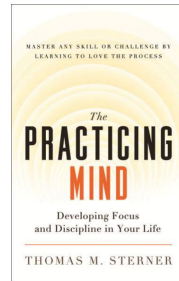
Tim Pychyl



Angela Duckworth



Thomas Sterner



Password to Access Handouts for Willpower, Self-Regulation and Control CPD:

M83dW7p5

www.cpht.co.uk – Student/Practitioner – CPD – CPD Handouts (left hand panel on CPD page)
You can also download your Attendance Certificate