

# Supporting Well Being and Professionalism: Adaptive Needs, Values, and Motivation

## 1) HUMAN NEEDS (experiences produce sense of well-being, thriving):

--Self-Esteem (sense of self-respect, having positive qualities, satisfaction with one's self) **(I\*)**

--Relatedness (feel well-connected to others generally, closeness, intimacy with important others)

--Authenticity (choices based on true values/interests, express one's true self) **(I\*)**

--Autonomy (ability to make choices one prefers, to do things as one wants)

--Competence (feel very capable, mastering hard challenges, successful at difficult tasks)

## 2) ADAPTIVE MOTIVATION, VALUES, AND GOALS (produce sense of well-being, meaning, satisfaction)

--Internal Motivation -- (taking action which is satisfying or enjoyable in itself, or which supports an important personal value/goal) **(I\*)**

¥Intrinsic Values/Goals -- (toward self-acceptance and development**(I\*)**, helping others, intimacy, community)

### CONTRAST:

--Extrinsic goals, values and motivation (*produce tension, irritation, dissatisfaction*)

- money/luxury
- popularity/influence
- grades and other competitive/external outcomes
- pleasing or impressing others
- relieving anxiety or guilt

**(I\*)**: Supported by or related to Integrity and Conscience