

Contents

<i>Foreword</i>	v
<i>Preface</i>	vii
1. Self-Control: An Introduction	1
The Relevance of Self-Control, 2	
<i>Freedom, Choice, and Self-Determination, 3</i>	
<i>Behavioral Humanism and Self-Control, 5</i>	
<i>The Pragmatics of Self-Control, 7</i>	
Concepts of Self-Control, 7	
<i>Traditional Views: Willpower, 8</i>	
<i>Behavioral Views: Functional Relations, 8</i>	
Criteria for Self-Control, 11	
<i>Continuum or Category, 11</i>	
<i>Self-Control Criteria, 12</i>	
General Self-Control Strategies, 16	
<i>Environmental Planning (Stimulus Control), 17</i>	
<i>Behavioral Programming (Self-Presented Consequences), 21</i>	
Summary, 22	
2. Methodological Issues in Self-Control	23
The Matter of External Control, 25	
Extraneous Variables in Self-Control, 27	
<i>Subject Selection Bias, 27</i>	
<i>Expectation, 28</i>	
<i>Reactivity of Self-Observation, 29</i>	
Experimental Design in Self-Control Research, 29	
<i>The Empirical Case Study, 31</i>	
<i>The Empirical Group Study, 34</i>	
Reliability and Validity in Self-Control, 35	
3. Self-Observation	40
An Analysis of Self-Observation, 42	
<i>Discrimination, 43</i>	
<i>Recording and Charting, 44</i>	
<i>Evaluation and Goal-Setting, 44</i>	
Methods of Self-Observation, 45	
Studies of Self-Observation, 48	
Summary, 63	

4. Self-Reward	65
Self-Reward: Laboratory Research, 66	
<i>Kanfer's Directed Learning Paradigm, 67</i>	
<i>Bandura's Social Learning Paradigm, 73</i>	
Self-Reward: Clinical Applications, 81	
Issues in Self-Reward, 88	
<i>Nature of the Self-Presented Reward, 88</i>	
<i>Applications of the Premack Principle, 89</i>	
<i>Other Issues in Self-Control, 91</i>	
5. Self-Punishment and Aversive Self-Regulation	92
The Concept of Self-Punishment, 93	
Aversive Self-Regulation: Endurance and Restraint, 94	
<i>Endurance, 94</i>	
<i>Restraint, 96</i>	
Self-Punishment: Laboratory Analogues, 98	
Self-Punishment: Applications, 100	
6. Covert Self-Control	108
Covert Behaviors as Antecedents, 112	
Covert Responses as Target Behaviors, 115	
Covert Responses as Consequences, 120	
Covert Self-Control: Problems and Prospects, 126	
7. Summary and Implications	129
Methodological Problems, 132	
Overview of Self-Control Techniques, 134	
<i>Self-Observation, 134</i>	
<i>Self-Reward, 135</i>	
<i>Self-Punishment and Aversive Self-Regulation, 137</i>	
<i>Covert Self-Control, 138</i>	
Behavioral Humanism, 139	
Therapy as Self-Control Training, 142	
Personal Freedom, 143	
<i>References</i>	145
<i>Name Index</i>	169
<i>Subject Index</i>	174