

Motivation

Intrinsic Motivation - an incentive to engage in a specific activity that derives from pleasure in the activity itself (e.g., a genuine interest in a subject studied) rather than because of any external benefits that might be obtained (e.g., money, course credits).

Citation APA Dictionary: <https://dictionary.apa.org/intrinsic-motivation>

Extrinsic motivation - an external incentive to engage in a specific activity, especially motivation arising from the expectation of punishment or reward (e.g., completing a disliked chore in exchange for payment).

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Coffee Mug Example:

Partner A leaves their coffee mug on the counter just above the dishwasher before leaving the house for work. Partner B comes downstairs and is immediately upset and angered by the coffee mug.

Fact 1: The coffee mug is on the counter above the dishwasher.

Fact 2: Partner A has left the home for work.

Partner B creates assumptions and attributes meaning as to why the coffee mug is on the counter. (Partner A does this to spite me, they don't actually care that it bothers me when they do this, I am expected to clean up after my partner, etc).

Partner A had meaning for their behavior. Their meaning is just as rational as Partner B's. This motivation can be passive, such as I'm running late, I can do this in the afternoon.

Over time this becomes a conflict if it is not discussed. In order to discuss this, Partner B needs to do some introspection to explore the negative meaning and attitudes they have developed.

Holding an understanding conversation:

Step One - Understanding the behavior:

Approach your partner with gentleness and curiosity. "Can you help me understand?" is a gentle and approachable question to help learn about the behaviors presented. Respect the free will and personal experiences of the other.

Step Two - Positive I statements for resolution:

I feel __feeling__ about __behavior__, I need __behavioral change__.

Attitudes

Attitude is predisposition or state of mind regarding values you hold and experiences you have had.

Attitude is created by behavior, affect, and cognition.

- **Behavior** - any action or function that can be objectively observed or measured in response to controlled stimuli.
- **Affect** - any experience of feeling or emotion, ranging from suffering to elation, from the simplest to the most complex sensations of feeling, and from the most normal to the most pathological emotional reactions
- **Cognitions** - an individual percept, idea, memory, or the like.

Attitudes influence our understanding of motivation of others.

What we see is other's behaviors, we guess/assume the affect and cognition for them.

These assumptions are what create conflicts.

Self Assessment to Explore My Attitudes:

- How do I feel about myself in this situation?
- What do I think about myself in this situation?
- How do I behave in this situation?
- How do I feel about the other person in this situation?
- What do I think about the other person in this situation?
- How does the other person behave in this situation?