



## FINDING MOTIVATION WITH THE SELF DETERMINATION THEORY

The self-determination theory (SDT) takes three basic needs: competence, autonomy, and relatedness and connects how one succeeds in these three areas to the ability to persist and find the energy necessary to get things done.

### COMPETENCY

### AUTONOMY

### RELATEDNESS

The need to be effective in dealing with environment

The need to control the course of your life

The need to have a close, affectionate relationship with others

#### QUESTIONS TO IMPROVE COMPETENCY:

- When is my brain fully engaged in what I'm doing?
- When do I feel like I am my best self?
- When am I engaging in positive change?

Your environment directly affects your feelings of competence. Toxic environments trigger sensitivities and intensities which is why the SDT's definition of competence, highlighting the importance of environment, is spot on for the 2e population.

#### QUESTIONS TO IMPROVE AUTONOMY:

- Do you feel in control?
- Do you have resources to address what life throws at you?

2e adults regularly feel imposter syndrome and struggle with asynchronous abilities - often making them feel out of control and out of their depth. To combat this, identify your passion and strengths. If possible, those areas should be where you spend most of your time professionally and in your free time. For the areas that are weaknesses or struggles, be sure to advocate for support. When skills are underdeveloped, you tend to spend more time trying to figure things out. (2e people tend to dig in to solve the problem.) But if there are others who can better address these areas of weakness, it's better to ask for help and focus on what you do well.

#### QUESTIONS TO IMPROVE RELATEDNESS:

- What do you love about yourself?
- What aspects of your current relationships are most fulfilling?
- What are you missing from your current relationships?

If you don't feel your best or as though you can't be your authentic self with your current social group, it's likely time to find new friends. Engaging in your passion areas yields deeper feelings of connection and is a great way to find interest and intellectual peers.

