Mechanisms of Self-Regulation Failure

**Abstinence Violation Effect** - indulging in activities one has forbidden oneself leads to large scale indulgence

**Acquiescence** - consciously abandoning self-regulation

**De-individuation** - loss of self-awareness and evaluation
Mechanisms of Self-Regulation Failure

Disinhibition - to remove inhibitions or to remove a suppression of an action, emotion or thought

Ego Control - capability of controlling ones impulses desires and actions

Psychological Inertia - longer someone is doing something, the more difficult it is to stop
Mechanisms of Self-Regulation Failure

**Rumination** - meditation, reflective consideration (chewing your cud) to the extreme

**Transcendence** - seeing beyond the immediate stimulus environment

**Zeigarnik Effect** - particularly difficult to interrupt a response sequence in the middle