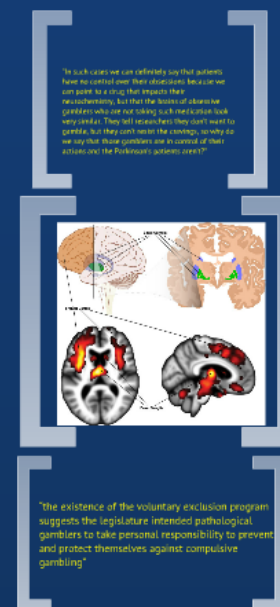
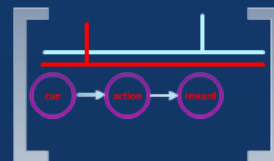
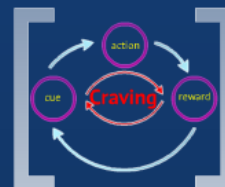
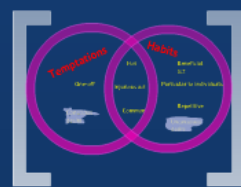
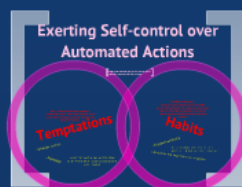


# Self-Control ?

## Legal Responsibility



## Self-Control Responsibility for:

- State of lack of self-control
- Automated response
- Foreseeing possible consequences

A large, thick purple circle is centered on a dark blue background. Inside the circle, the text "Self-Control" is written in a light pink, sans-serif font. Below the text, a large yellow question mark is centered.

Self-Control

?

# Legal Responsibility

## Temporarily Unavailable

- Provocation
- Temporary Insanity
- Diminished Responsibility
- Automatism
- Unconsciousness

## Permanently Unavailable

- minor
- "mentally defective"

# Permanently Unavailable

- minor
- "mentally defective"

# Temporarily Unavailable

- Provocation
- Temporary Insanity
- Diminished  
Responsibility
- Automatism
- Unconsciousness

# Legal Responsibility

## Temporarily Unavailable

- Provocation
- Temporary Insanity
- Diminished Responsibility
- Automatism
- Unconsciousness

## Permanently Unavailable

- minor
- "mentally defective"

# Exerting Self-control over Automated Actions

[Exerting self-control in order to overcome the power of stimuli to automatically elicit reactions]

Hot, affective stimuli trigger responses.  
Activated by visceral factors such as hunger, thirst, sexual desire. Triggering cues tied directly to the impulsive response.

## Temptations

- Stimulus Control

- Distraction

To exert self-control, we need to reduce sensitivity to hot stimulus features so as to curb impulses

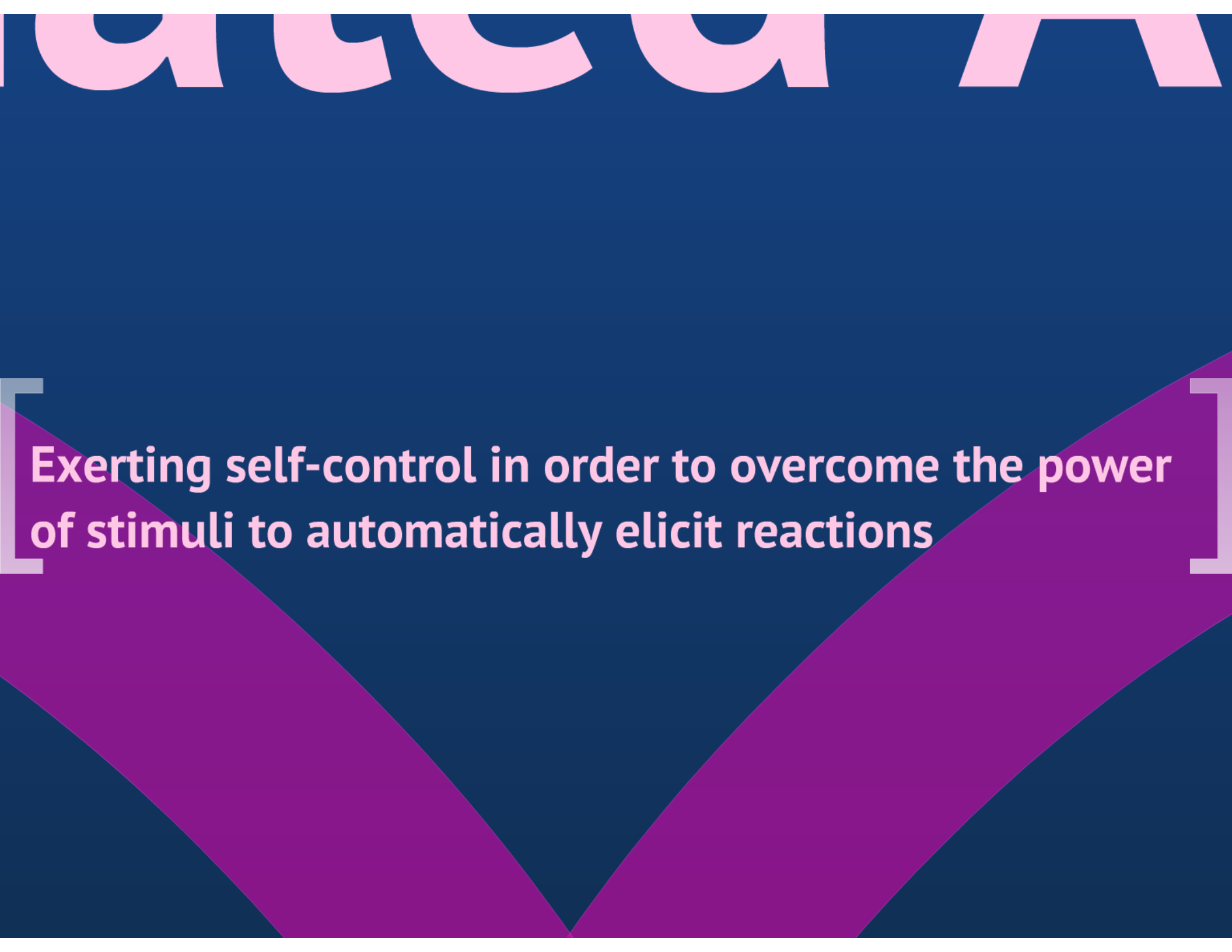
Conditioned Response:  
Activated response that has been repeatedly performed in contiguity with features of performance contexts. The simple perception of the context feature can automatically activate the associated response.

## Habits

- Vigilant monitoring

Control already activated response that is accessible in memory by virtue of its association

- Reminder not to perform the response



**Exerting self-control in order to overcome the power of stimuli to automatically elicit reactions**

# Exerting Self-control over Automated Actions

[Exerting self-control in order to overcome the power of stimuli to automatically elicit reactions]

Hot, affective stimuli trigger responses.  
Activated by visceral factors such as hunger, thirst, sexual desire. Triggering cues tied directly to the impulsive response.

## Temptations

- Stimulus Control

- Distraction

To exert self-control, we need to reduce sensitivity to hot stimulus features so as to curb impulses

Conditioned Response:  
Activated response that has been repeatedly performed in contiguity with features of performance contexts. The simple perception of the context feature can automatically activate the associated response.

## Habits

- Vigilant monitoring

Control already activated response that is accessible in memory by virtue of its association

- Reminder not to perform the response

Hot, affective stimuli trigger responses.  
Activated by visceral factors such as hunger, thirst,  
sexual desire. Triggering cues tied directly to the  
impulsive response.

# Temptations

- Stimulus Control

### Conditioned Response:

Activated response that has been repeatedly performed in contiguity with features of performance contexts. The simple perception of the context feature can automatically activate the associated response.

# Habits

vigilant monitoring

# Exerting Self-control over Automated Actions

[Exerting self-control in order to overcome the power of stimuli to automatically elicit reactions]

Hot, affective stimuli trigger responses.  
Activated by visceral factors such as hunger, thirst, sexual desire. Triggering cues tied directly to the impulsive response.

## Temptations

- Stimulus Control

- Distraction

To exert self-control, we need to reduce sensitivity to hot stimulus features so as to curb impulses

Conditioned Response:  
Activated response that has been repeatedly performed in contiguity with features of performance contexts. The simple perception of the context feature can automatically activate the associated response.

## Habits

- Vigilant monitoring

Control already activated response that is accessible in memory by virtue of its association

- Reminder not to perform the response

Hot, affective stimuli trigger responses.  
Activated by visceral factors such as hunger, thirst,  
sexual desire. Triggering cues tied directly to the  
impulsive response.

# Temptations

- Stimulus Control

- Distraction

To exert self-control, we need to reduce  
sensitivity to hot stimulus features so as to  
curb impulses

Activated response that has been repeatedly performed in contiguity with features of performance contexts. The simple perception of the context feature can automatically activate the associated response.

# Habits

- Vigilant monitoring  
Control already activated response that is accessible in memory by virtue of its association
- Reminder not to perform the response

# Exerting Self-control over Automated Actions

[Exerting self-control in order to overcome the power of stimuli to automatically elicit reactions]

Hot, affective stimuli trigger responses.  
Activated by visceral factors such as hunger, thirst, sexual desire. Triggering cues tied directly to the impulsive response.

## Temptations

- Stimulus Control

- Distraction

To exert self-control, we need to reduce sensitivity to hot stimulus features so as to curb impulses

Conditioned Response:  
Activated response that has been repeatedly performed in contiguity with features of performance contexts. The simple perception of the context feature can automatically activate the associated response.

## Habits

- Vigilant monitoring

Control already activated response that is accessible in memory by virtue of its association

- Reminder not to perform the response

# Temptations

One-off

Conscious  
desire

# Habits

Hot

Beneficial  
act

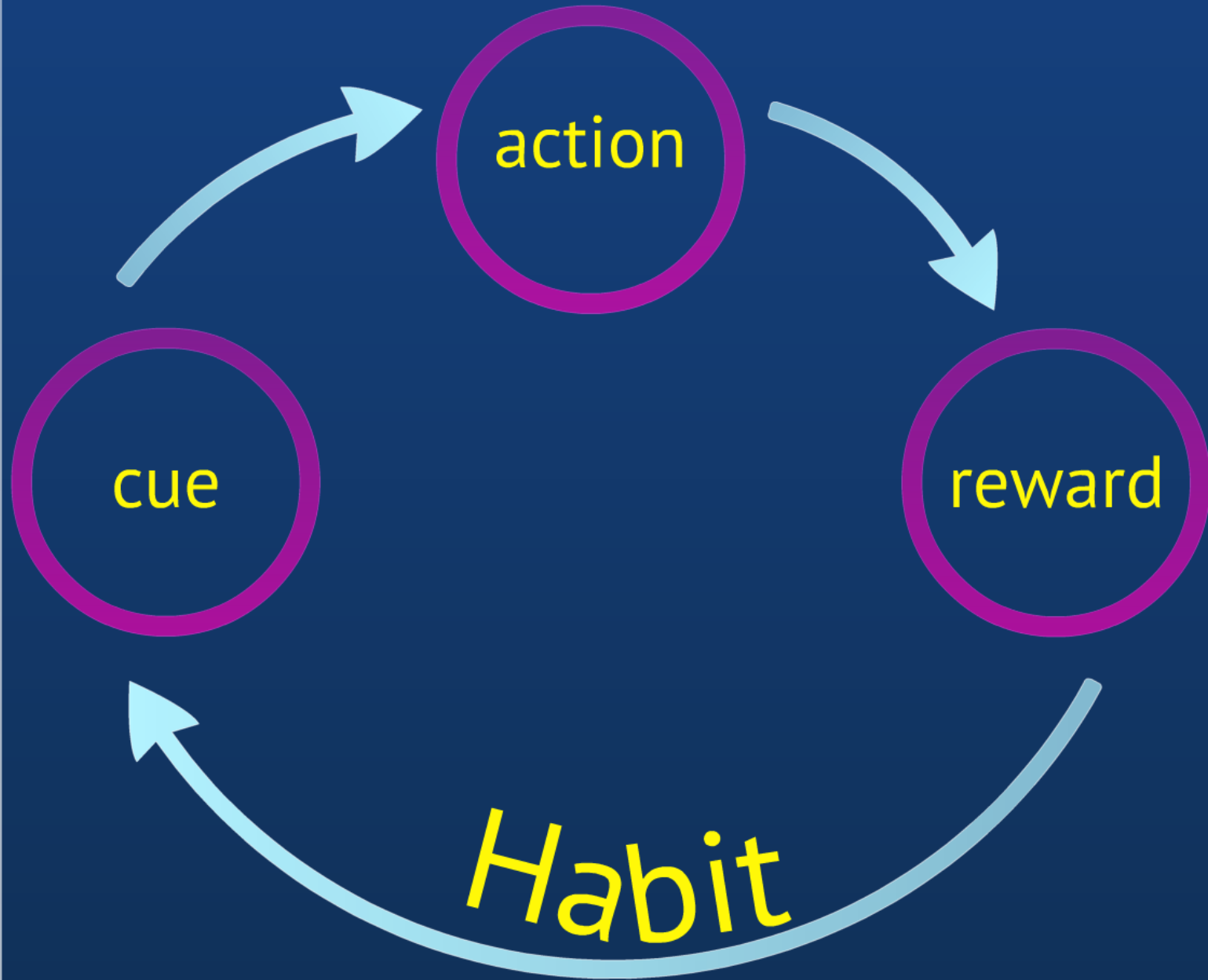
Injurious act

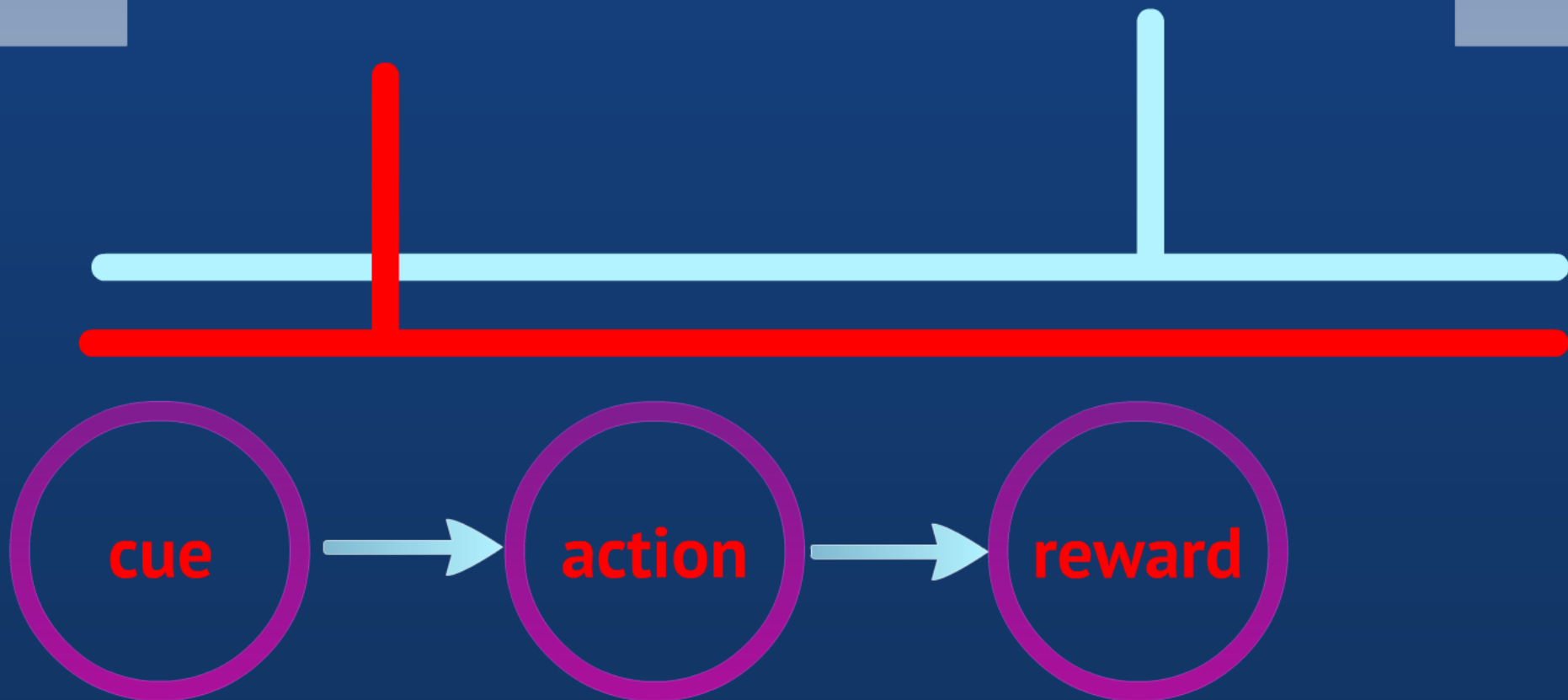
Particular to individuals

Common

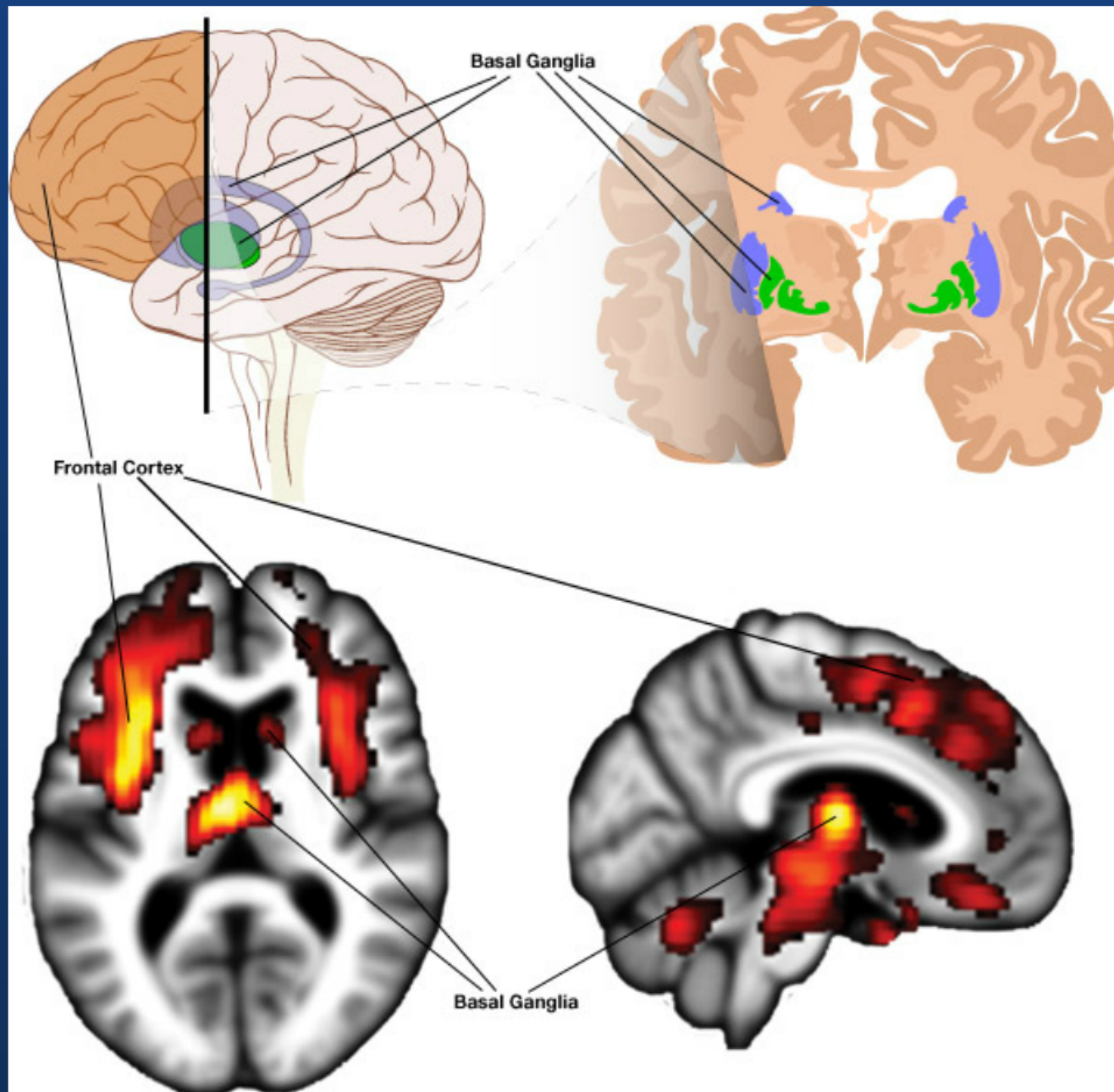
Repetitive

Unconscious  
desire



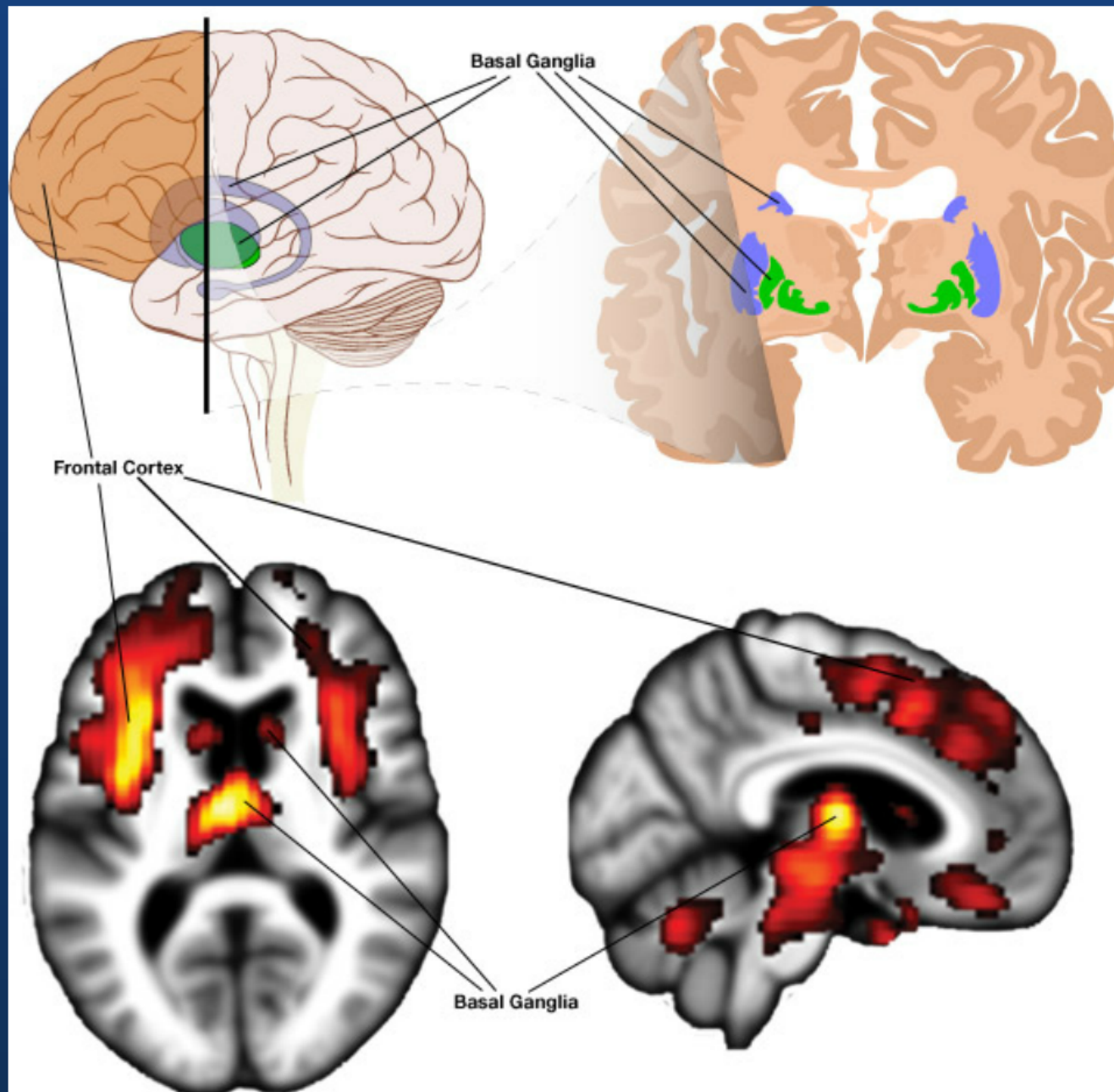






"In such cases we can definitely say that patients have no control over their obsessions because we can point to a drug that impacts their neurochemistry, but that the brains of obsessive gamblers who are not taking such medication look very similar. They tell researchers they don't want to gamble, but they can't resist the cravings, so why do we say that those gamblers are in control of their actions and the Parkinson's patients aren't?"

“the existence of the voluntary exclusion program suggests the legislature intended pathological gamblers to take personal responsibility to prevent and protect themselves against compulsive gambling”



# Self-Control

## Responsibility for:

- State of lack of self-control
- Automated response
- Foreseeing possible consequences