

<i>Type of motivation</i>	Amotivation	Extrincic motivation				Intrinsic motivation
<i>Regulatory styles</i>	Non-regulation	External regulation	Introjected regulation	Identified regulation	Integrated regulation	Intrinsic regulation
<i>Regulatory processes</i>	Nonintentional, Nonvaluing, Incompetence, Lack of control.	Compliance, External rewards and punishments.	Self-control, Ego- Involvement, Internal rewards and punishments.	Personal importance, Conscious valuing	Congruence, Awareness, Synthesis with self.	Interest, Enjoyment, Inherent satisfaction.
		Controlled motivation		Autonomous motivation		