

# AUTONOMY SUPPORT

VERSUS

# CONTROLLING BEHAVIOR

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WHEN WIELDING POSITIONAL AUTHORITY (I.E. BOSS),  
FOCUS ON PROVIDING AUTONOMY SUPPORT TO  
MOTIVATE.

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## Autonomy Support

(3 primary features)

**1.**

Provide as much choice as possible to the other person.

**2.**

Take the perspective of the other person.

**3.**

Provide meaningful rationale when choice cannot be provided (the "why")



## Controlling Behavior

(3 primary features)

**1.**

Use "should, ought & must" language when talking.

**2.**

Be uninterested in the perspective of the other person.

**3.**

Use bribes and incentives to try to motivate the other person.