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| Practice | Rating | Proposed Revision | Mechanism (Check all that apply) |
| 1. | ☐ Very controlling☐ Somewhat controlling☐ A little controlling☐ Somewhat autonomy-supporting |  | ☐ Nurture internal motivational resources.☐ Provide explanatory rationales.☐ Provide noncontrolling, informational language.☐ Be patient☐ Acknowledge & accept resistance & negative emotion |
| 2. | ☐ Very controlling☐ Somewhat controlling☐ A little controlling☐ Somewhat autonomy-supporting |  | ☐ Nurture internal motivational resources.☐ Provide explanatory rationales.☐ Provide noncontrolling, informational language.☐ Be patient☐ Acknowledge & accept resistance & negative emotion |
| 3. | ☐ Very controlling☐ Somewhat controlling☐ A little controlling☐ Somewhat autonomy-supporting |  | ☐ Nurture internal motivational resources.☐ Provide explanatory rationales.☐ Provide noncontrolling, informational language.☐ Be patient☐ Acknowledge & accept resistance & negative emotion |