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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 |