

How my self regulates my own feelings, thoughts, and actions

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The self is a vital source of human functioning that helps people to regulate their own feelings, thoughts, and actions (Kuhl et al., 2018; Quirin et al., 2021). But what exactly is the self? How can we measure the self? And how can we train the ability for self-regulation? In my talk, I will address these questions through the framework theory of Personality Systems Interactions (PSI; Kuhl, 2000, 2001; Kuhl et al., 2020). I will define the self as a central-executive system, distinguish self-regulation from ego-control, and review empirical findings on its role in maintaining initiative in the face of difficulty (action control), learning from negative experiences (self-growth), and selecting motive-congruent goals (self-congruence) - central competencies of a fully functioning personality (Baumann & Kuhl, 2021; Kuhl & Baumann, 2021). Finally, I will address the developmental trias that explains how the ability to self-regulate emotions develops in good relationships (Kuhl, 2024).

Speaker: Nicola Baumann is a full professor at the University of Trier since 2008. She earned her PhD in 1998 from the University of Osnabrück and has held research fellowships at the University of Rochester, New York (2000), the Victoria University of Wellington, New Zealand (2014), the University of Colorado, Boulder (2019), and the University of Gdansk, Poland (2024). Baumann's research on self-regulation, self-determination, and implicit motives is located at the intersection of personality, motivation, cognitive, and social psychology. She applies the frame-

work theory of Personality Systems Interactions (PSI) to understand adaptive personality functioning. In addition to her scientific achievements, she has worked as an applied psychologist and nurtures the exchange between research and practice.