

## عنوان مقاله:

Cognition, Obedience, and Contribution: Enhancing Self-Control Through A Multistage Developmental Scheme

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## خلاصه مقاله:

The ability to regulate behavior, cognitive processes, emotions, and social interactions, i. e. self-control, is one of the most critical aspects of human lives. When talking about self-regulation and self-control, the essential factor is the self and the restrictions and frameworks it imposes upon itself. This viewpoint guides our thoughts to an agency aspect of self-control abilities. Endorsing this sense of agency and freedom of choice is a crucial factor in enhancing and facilitating self-control abilities. In this article, we propose a multistage developmental scheme for acquiring self-control by focusing on its entwined relations with freedom of choice. The proposed developmental scheme composes of three seven-year stages, namely, Cognition, Obedience, and Contribution. The key idea is to allow the child to .acquire self-control through a natural path by exercising his/her own free will

## کلمات کلیدی:

Self-control, Agency, Free will, Developmental scheme

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