**The practice of Self-Reg draws a fundamental distinction between self-regulation and self-control.**

**Self-regulation seeks to identify and reduce the causes of problems in mood, thought, and behavior.**

**Self-control seeks to inhibit or manage such problems only when they arise.**

**Self-regulation is always searching for hidden stressors.**

**Self-control looks only at surface behaviors.**

**Origins**

The roots of the distinction between self-regulation and self-control are remarkably ancient, tracing all the way back to Hippocrates and Plato.

At the beginning of the 20th century, both theories gave birth to a science. Hippocratic methods evolved into physiology, while “willpower”-based methods influenced modern day Behaviourism.

**Methods**

Both self-regulation and self-control seek to achieve “effortful control”, or the ability to voluntarily manage attention and inhibit or activate behaviors in response to external stimuli.

**Focus**

Self-regulation looks at the social dimension.

Self-control focuses solely on the individual.

Self-regulation makes self-control possible, not the other way around.