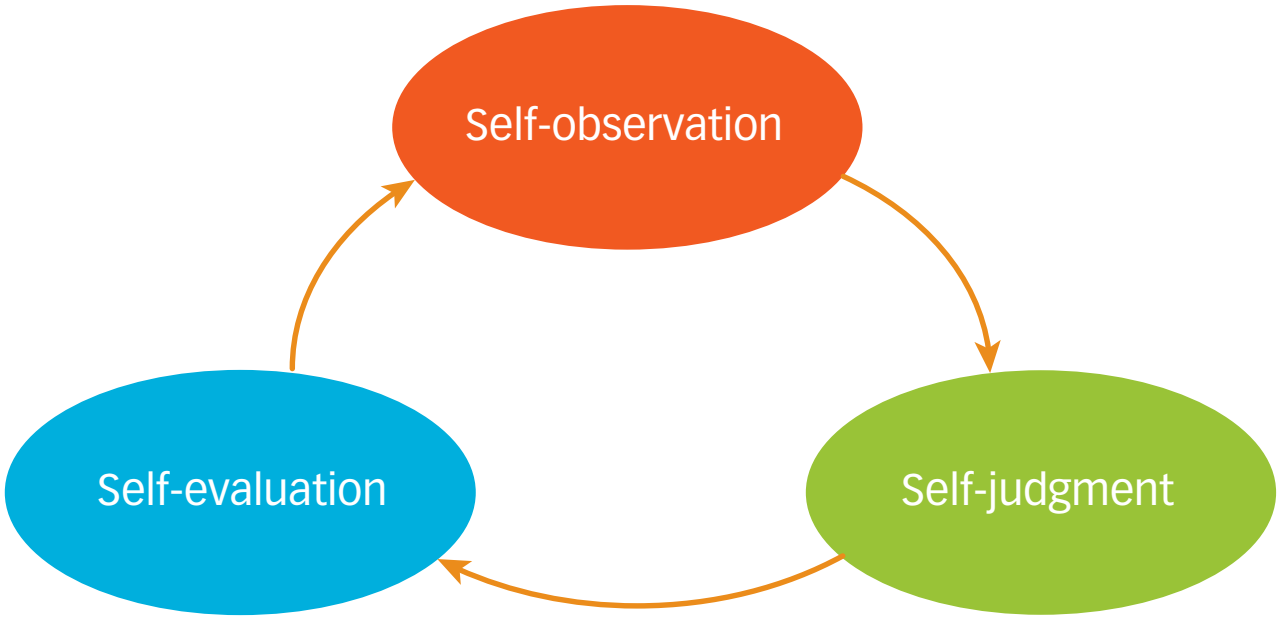FIGURE 9.2 **Self-Regulation.** Cyclical process between major components of self-regulation.