

SELF-REGULATIVE

Meaning: Self-regulative refers to the ability to manage and control one's own emotions, thoughts, and behaviors in order to achieve personal goals and maintain balance.

1. Self-regulative behaviors are essential for maintaining emotional balance in stressful situations.
2. The program focuses on developing self-regulative skills in students to enhance their learning outcomes.
3. In therapy, individuals are encouraged to adopt self-regulative techniques to manage their impulses effectively.
4. Self-regulative processes allow people to set personal goals and monitor their progress towards achieving them.
5. Effective leaders often exhibit self-regulative traits that help them navigate challenges with composure.

Source: sentences.whatistheurl.com

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