

# Highs & lows of Mental Toughness – Challenge



Mental Toughness contains four dimensions or constructs; Control, Commitment, Challenge and Confidence

Each of the “4Cs” contains two sub-dimensions:

- Control contains Life Control & Emotional Control
- Commitment contains Goal Orientation & Achievement Orientation
- Challenge contains Risk Orientation & Learning Orientation
- Confidence contains Interpersonal Confidence & Confidence in Abilities

It is important to get below the surface, not only of one’s global Mental Toughness, but also below the 4Cs in order to understand the interplay between the sub-dimensions

Today, the interplay between Risk Orientation & Learning Orientation

People low in both dimensions tend to like keeping things the way they are and don’t really think about what they can learn from what’s happening

Those high in Risk Orientation but low in Learning Orientation are so busy chasing the next opportunity, they don’t have time to learn from the outcomes

Conversely, those low in Risk Orientation but high in Learning

Orientation don't take many risks but they do take time to learn from everything that happens to them

Those high in both Risk Orientation & Learning Orientation enjoy taking risks and systematically learn from the outcomes – be they good or bad

If you would like to read more about Mental Toughness, take a look here: [www.boblarcher.com/category/mental-toughness](http://www.boblarcher.com/category/mental-toughness)