

# Highs & Lows of Mental Toughness – Commitment



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 Goal Orientation & Achievement Orientation

People low in both dimensions tend to not really set objectives for themselves and are not motivated to make an effort when they have to do something

Those high in Goal Orientation but low in Achievement Orientation typically enjoy setting objectives and planning what will happen however, will often give up easily when trying to achieve them

Conversely, those low in Goal Orientation but high in Achievement Orientation tend to set few objectives, but get satisfaction from doing a good job

Those high in both Goal Orientation & Achievement Orientation will set (often ambitious) objectives and maintain focus and determination in achieving them

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)