



SELF-CONTROL? SURE, IF IT'S A PLEASURE

After a long day, you may be tempted to give in to the urge—grab an unhealthy snack and avoid tackling obligatory tasks. But you don't have to.

While people have a harder time controlling themselves when tired, it doesn't mean they've exhausted all of their willpower. The key to boosting self-control is finding pleasure in the necessary activities of life.

"When people are fatigued they experience a change in motivational priorities," says psychologist Michael Inzlicht. "They are less willing to work for the things they feel obliged to do and more willing to work for things they like to do."

Inzlicht, an associate professor at UTSC and affiliate faculty member at U of T's School of Public Policy and Governance, says the important thing is to convert tasks from "have-to's" into "want-to's."

The prevailing view in psychology, he explains, has been that repeated acts of restraint exhaust supply, until people are left with little or no willpower. But Inzlicht says this results from a shift in priorities—not an absence of self-control. In fact, changing "have-to's" to "want-to's" might allow you to make the most of that time when your energy and focus seem to be depleted.

When that fails, it's worth planning for the unavoidable ups and downs in motivation by steering clear of temptations and taking mental breaks in order to refresh.

For individuals with busy personal and professional lives, this may be easier said than done. But it's not impossible. "The key is finding a way to want and like the goal you are chasing."

TAKE HOME

4 GREAT LITERARY PARTNERSHIPS

We often think of great writers as solitary figures, but many would not have achieved what they did without help.

Four faculty members from the Department of English share their picks for remarkable literary partnerships.

1. GEORGE ELIOT (MARIAN LEWES) AND GEORGE HENRY LEWES

She dedicated *Middlemarch* to him and they each claimed to be the oppressive stick-in-the-mud Casaubon to the other's saintly idealistic Dorothea, which sounds like the definition of a mutually admiring, supportive—and realistic—working relationship. They were also Victorian rebels who lived in beautifully committed sin for 24 years until Lewes's death in 1878. — *Sonja Nikkila*

2. WILLIAM GODWIN AND MARY WOLLSTONECRAFT

They both produced great works of literature and political philosophy. They also produced a daughter—Mary Godwin Shelley—an important writer in her own right who herself partnered with poet Percy Bysshe Shelley. — *Anne Milne*

3. HENRY JAMES AND THEODORA BOSANQUET

Bosanquet was James's amanuensis (James preferred this word to "secretary"). He dictated his work to her starting around 1907, and insisted that she understood what he was saying much better than her predecessors. Was her role simply passive, or did she help shape the words coming out of James's mouth before they made it to the page? A keen reader with a literary turn of mind, Bosanquet at the very least functioned at times as his editor. — *Alice Maurice*

4. VIRGINIA AND LEONARD WOOLF

Leonard kept close watch over Virginia's level of fatigue to stave off nervous collapse (evidenced by his daily journal keeping hourly track of how she seemed to be doing) and gave her the support she needed to complete her novels. Together, they ran the Hogarth Press, which first published T.S. Eliot's *The Waste Land* and many of the first English translations of Freud's works. — *Garry Leonard*