This study examined the self-control mechanism focusing on autonomous motivation and competence according to the self-control strength model. A laboratory experiment was conducted individually with 90 university students to investigate the impact of autonomous motivation and competence on self-control, and the effect of an interaction of autonomous motivation and competence on the depletion of self-control strength. The results showed that autonomous motivation and competence each have an impact on two important components of self-control: active goal pursuit and temptation resistance. Autonomous motivation influenced temptation resistance, and competence influenced active goal pursuit. Each factor had an exclusive role. Furthermore, the effect of their interaction influenced depletion of self-control strength by mechanisms indicating the different influences of each factor.

**Keywords:** self-control, autonomous motivation, competence, active goal pursuit, temptation resistance.

*The Japanese Journal of Psychology*
2013, Vol.84, No.5,