

**Figure 3**

high  
↑  
Personal Choice  
↓  
low

1. Challenge by choice	e.g. Project Adventure
2. Challenge of choice	e.g. Project Adventure
3. Impel into challenge	e.g. Outward Bound
4. Forced choice	e.g. Juvenile offender given choice of wilderness program or incarceration
5. Force into challenge	e.g. Boot Camp