According to the standard story of human action, a story that we have inherited from David Hume, an agent’s actions are those of her bodily movements that are produced in the right way by her desires and beliefs. A good question to ask is whether this standard story of human action can explain how and why agents may act and yet be out of control. I will argue that it cannot. If we wish to fully to understand how and why agents can act in an out of control manner, we have no alternative but to suppose that their actions are explained in part by a failure to exercise a capacity they have to have the right desires and beliefs. This is the capacity to be orthonomous. An account of what orthonomy consists in will be proposed; some examples of the ways in which orthonomy can be exercised or fail to be exercised will be given; and the connection between orthonomy and responsibility will be explored.