

CHOICE THEORY

THE ONLY PERSON I CAN CONTROL IS ME

You cannot control me

My happiness depends on me

I am the only one responsible for my behaviour

I cannot control my partner, my children, my students, my employees

I cannot control you

Criticizing, blaming, moaning, nagging, threatening, punishing and rewarding (to control) don't work

They harm the relationship

They don't teach alternative behaviour

They can generate feelings of powerlessness in the other

If I wish to encourage change in another I need to have a good relationship with this other

support

encourage

listen

accept

trust

respect

negotiate

The only thing I can do to another is give them information

All I can do is behave

The motivation to behave stems from my Basic Needs

Love & Belonging

Power

Freedom

Fun

Survival

I accumulate pictures of how to meet my Basic Needs (my Quality World)

They come from my experience, my culture

They always appear "good" to me

Each person has unique pictures

Some pictures can be hard to change

Pictures may come from the past but they can only function in the present

I have perceptions of the "real world"

I can only behave according to my perceptions

These perceptions exist in the present

My perceptions of "reality" might not match those of other people

I process my perceptions through my senses, my knowledge and values

A "problem" or "frustration" occurs when I do not meet my needs

Most long-term psychological problems have to do with relationships

Problems occur in the present

I choose pictures/behaviours that help restore the balance between what I believe I have and what I want

I look first for solutions in my organized behaviours

Later I may resort to my reorganizing behaviours, my creativity

I always choose the best I know at the present moment

My pictures or behaviours may be effective but also may be ineffective, harmful, illegal or "crazy" in the eyes of others

My behaviour is a totality of four components

The four components are inseparable

Doing

Thinking

Feeling

Physiology

All total behaviour is chosen

I have responsibility for all four components

People tend to identify a behaviour in terms of its more obvious component

Doing and thinking are the easiest components to change

I control my feeling and physiology through my doing and thinking

Feeling plays a special role as a signal of how well my needs are being met

This diagram was created by Brian Lennon and is derived from William Glasser's Choice Theory