

Choice Theory psychology is a new explanation of human behaviour. It challenges many traditional views about human behaviour and can give a whole new perspective on life:

- new ways to live our lives
- more satisfactory ways to deal with the relationships in our lives
- a deeper and more hopeful understanding of mental distress
- an alternative to many of the destructive practices in education
- a more satisfactory and productive approach to management
- a positive and practical guide to personal well-being

APPLYING CHOICE THEORY IN YOUR LIFE

- 1. Think of something that's not the way you want it to be in your life?**
- 2. How do you want it to be? (details)**
- 3. What have you done so far to rectify this?**
- 4. Have your efforts so far got you what you want?**
- 5. Whatever you did so far, it was the best you knew how to do.**
- 6. In this matter, who can you control?**
- 7. Is there something you can do about it yourself? ... today?**
- 8. Spell out the what, when, where, who and how of your plan.**
- 9. If you don't know what to do, is there someone who might help you find a solution?**
- 10. If your plan didn't work well, what do you need to change or improve?**



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