

The Power of Choice

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CONTROL

- * The only person you control is you. You cannot control anyone else and others cannot control you.

CHOICE

- * We always have a choice



INFLUENCE

- * This is how we persuade others to change and how they persuade us to change



RESPONSIBILITY

- * Meeting our needs in such a way that we don't interfere or prevent anyone else from meeting their needs. We all have responsibility.



NEEDS

- * We all have basically the same needs. The strengths of each need is determined by genetics.



GLASSER'S FIVE NEEDS

- * SURVIVAL- This is similar to Maslow's physiological and safety level. They are basic needs which are of little interest unless they are threatened.
- * LOVE & BELONGING- husband, wife, friends, clubs, jobs, etc.
- * POWER- recognition for job well done. Skill, knowledge, influence, money.
- * FUN- doing something because it is fun, pleasant, silly, happy or enjoyable
- * FREEDOM – being able to do what you want when you want.

WANTS OR PICTURES

- * The specific idea (or the picture in our head) of what we want.

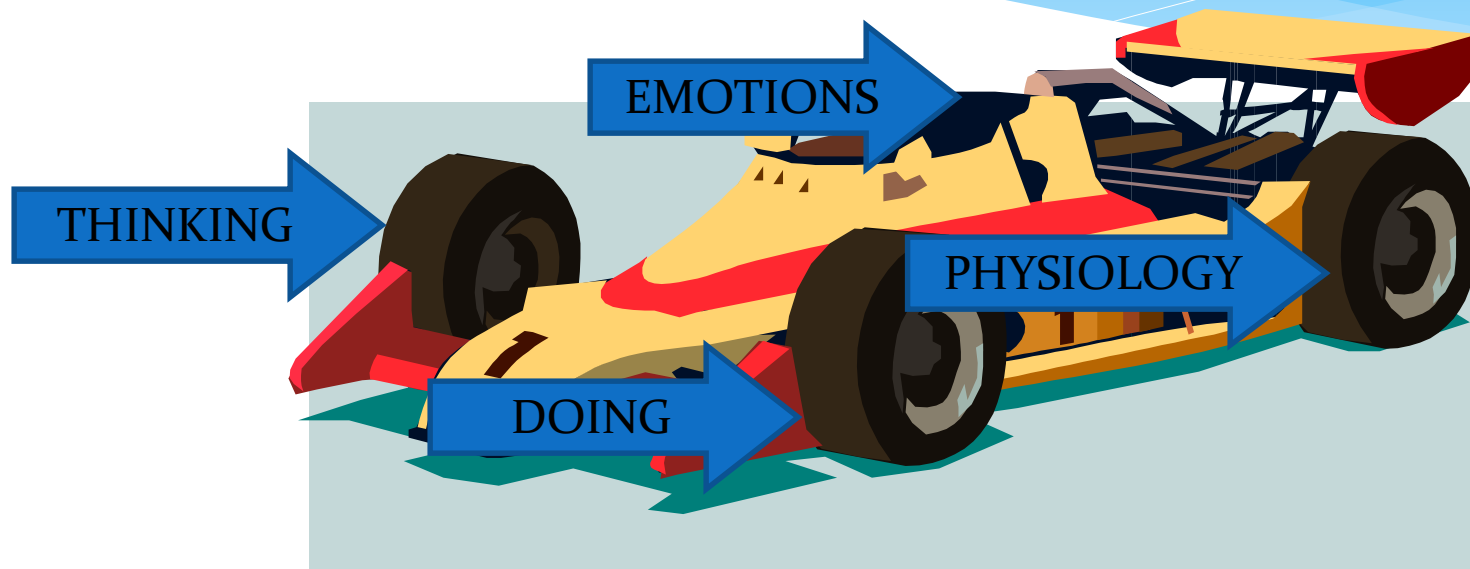
BEHAVIORS

- * DOING – physical action, movement (chosen)
- * THINKING – processing inside our minds (chosen)
- * FEELING – emotional reaction (not chosen)
- * PHYSIOLOGICAL – heart rate, blood pressure (not chosen)





BEHAVIORS



William Glasser, MD

The Ten Axioms of Choice Theory

1. The only person whose behavior we can control is our own.
2. All we can give another person is information.
3. All long-lasting psychological problems are relationship problems.
4. The problem relationship is always part of our present life.
5. What happened in the past has everything to do with what we are today, but we can only satisfy our basic needs right now and plan to continue satisfying them in the future.



The Ten Axioms (continued)

6. We can only satisfy our needs by satisfying the pictures in our Quality World.
7. All we do is behave.
8. All behavior is Total Behavior and is made up of four components: acting, thinking, feeling and physiology.
9. All Total Behavior is chosen, but we only have direct control over the acting and thinking components. We can only control our feeling and physiology indirectly through how we choose to act and think.
10. All Total Behavior is designated by verbs and named by the part that is the most recognizable.



* **Seven Caring Habits**

- * 1. Supporting
- * 2. Encouraging
- * 3. Listening
- * 4. Accepting
- * 5. Trusting
- * 6. Respecting
- * 7. Negotiating differences

* **Seven Deadly Habits**

- * 1. Criticizing
- * 2. Blaming
- * 3. Complaining
- * 4. Nagging
- * 5. Threatening
- * 6. Punishing
- * 7. Bribing, rewarding to control



REFERENCES

- * WEBSITE:

- * Wglasser.com

- * BOOKS

- * Take Charge of Your Life, How to Get What You Need with Choice Theory Psychology, William Glasser, MD

- * Choice Theory: A New Psychology of Personal Freedom, William Glasser, MD

