

## REALITY THERAPY - USING CHOICE THEORY TO HELP PEOPLE

What we <u>already know</u> about people before we see them	What we <u>need to find out</u> about people when we see them	What <u>people need to learn</u> that we can teach them
They have <b>5 BASIC NEEDS</b>	Which of their needs are not being met	To understand their <b>NEEDS</b> and how to <b>SATISFY</b> them
They have a <b>QUALITY WORLD</b>	The specific pictures in their quality world	That they can put pictures in their quality world and they can take them out
All their behaviour is <b>TOTAL</b> behaviour	What choices of <b>TOTAL</b> behaviour they are making now	That they can only <b>CONTROL</b> themselves, not anyone else
Their <b>CREATIVITY</b> is always working	What their creativity is offering <b>NOW</b>	How to <b>TRUST</b> their creativity to find solutions
Their perception of the real world is their <b>REALITY</b>	The information they are getting from <b>the REAL WORLD</b> vs their <b>QUALITY WORLD (What are they putting on the scales?)</b>	How changing their <b>PERCEPTION</b> can help them make <b>BETTER CHOICES</b>
They are unhappy because they have unsatisfying relationships caused by the use of external control	Which present relationship they are having trouble with and why they are having trouble	What external control psychology is and how using <b>CHOICE THEORY</b> instead can improve relationships.