

william glasser choice theory

william glasser choice theory is a groundbreaking psychological framework that has influenced education, counseling, and personal development worldwide. This article provides an in-depth exploration of William Glasser's Choice Theory, including its origins, core principles, practical applications, and impact on various fields. Readers will discover how the theory empowers individuals to take responsibility for their actions, improve relationships, and achieve personal satisfaction. The article examines key concepts such as the basic needs, the quality world, and the role of internal motivation. Whether you are an educator, mental health professional, or simply interested in personal growth, this comprehensive overview offers valuable insights and actionable strategies. By the end, you will have a clear understanding of why Choice Theory remains a pivotal approach in psychology and how it can be applied to foster meaningful change in everyday life.

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Understanding William Glasser and the Origins of Choice Theory

William Glasser was an American psychiatrist renowned for his innovative contributions to psychology and education. In the late 20th century, Glasser developed Choice Theory as an evolution of his earlier work on Reality Therapy. His approach challenges traditional views of human behavior by emphasizing personal responsibility and the power of internal motivation. Glasser's motivation stemmed from observing that many psychological problems arise from failed relationships and the inability to satisfy fundamental needs. By focusing on choices rather than external circumstances, Choice Theory offers a proactive framework that shifts the locus of control from external forces to the individual. The theory has gained widespread acceptance and is utilized in schools, therapy, and organizational settings to promote self-management and positive relationships.

Core Principles of Choice Theory

Choice Theory is built on several foundational principles that distinguish it from other psychological models. At its core, the theory posits that people are driven by internal motivations and make choices to fulfill their needs. Behavior, according to Glasser, is not a reaction to external stimuli but a deliberate attempt to satisfy one or more basic needs. This perspective encourages individuals to recognize their agency in every situation, fostering self-awareness and accountability. The theory also stresses the importance of relationships, suggesting that most psychological distress is rooted in unsatisfying relationships. By understanding and accepting the role of choice in behavior, individuals can enhance their problem-solving abilities and interpersonal effectiveness.

The Five Basic Needs in Choice Theory

One of the central elements of William Glasser's Choice Theory is the identification of five basic needs that motivate all human behavior. These needs are universal and fundamental to psychological well-being. According to Glasser, every choice people make is an attempt to meet these needs, often simultaneously.

- **Survival:** The need for basic physical necessities such as food, shelter, and safety.
- **Love and Belonging:** The need for social connection, friendship, intimacy, and acceptance.
- **Power:** The need for achievement, recognition, competence, and autonomy.
- **Freedom:** The need for independence, autonomy, and the ability to make choices.
- **Fun:** The need for enjoyment, pleasure, and recreation.

Understanding these needs is crucial for analyzing behavior and improving relationships. Glasser emphasized that the need for love and belonging is the most important, as satisfying relationships are central to mental health.

The Concept of the Quality World

In Choice Theory, the "quality world" is a unique mental construct that contains images of people, things, beliefs, and experiences that an individual values most. This personal vision shapes goals, desires, and the choices one makes. The quality world acts as a motivational compass, guiding behavior toward what is perceived as most fulfilling. Glasser argued that problems often arise when there is a disparity between reality and the quality world, leading to frustration and conflict. By clarifying and updating the quality world, individuals can make more effective choices and improve satisfaction in life. Educators and therapists use this concept to help clients and students identify

what truly matters to them and set meaningful objectives.

Internal vs. External Control

A major theme in William Glasser's Choice Theory is the distinction between internal and external control. Glasser believed that attempts to control others through coercion, punishment, or manipulation are the root cause of many relationship problems and psychological issues. Choice Theory advocates for internal control, where individuals focus on influencing their own behavior and meeting their needs responsibly. This approach fosters mutual respect, trust, and healthy communication. In contrast, external control leads to resentment, resistance, and emotional distress. By shifting from external to internal control, individuals can build stronger relationships and create more positive environments in families, schools, and workplaces.

Applications of Choice Theory in Education

William Glasser's Choice Theory has had a significant impact on educational practices. Many schools have adopted Choice Theory principles to create supportive, student-centered environments that promote self-discipline and intrinsic motivation. Educators use the theory to help students understand the reasons behind their actions and encourage them to take responsibility for their learning. Discipline approaches based on Choice Theory focus on building relationships, identifying unmet needs, and fostering a sense of belonging. Teachers are encouraged to serve as facilitators rather than authoritarian figures, guiding students in making constructive choices. This shift has led to reduced behavioral problems, improved academic performance, and more positive classroom climates.

Choice Theory in Counseling and Therapy

In counseling and therapeutic settings, Choice Theory is often integrated with Reality Therapy to help clients identify areas where they can make positive changes. Therapists use the model to assist clients in examining their choices, understanding their needs, and developing strategies for more satisfying relationships. The emphasis on personal responsibility and internal motivation empowers clients to move beyond blaming external factors and focus on solutions. Choice Theory-based counseling is effective for a wide range of issues, including depression, anxiety, addiction, and conflict resolution. By encouraging self-reflection and choice, therapists help clients build resilience and achieve lasting change.

Practical Strategies for Implementing Choice Theory

Implementing William Glasser's Choice Theory in daily life involves several practical strategies aimed at enhancing self-management and relationship quality. Individuals, educators, and counselors can apply the following approaches:

1. Self-Assessment: Regularly reflect on choices and identify which needs are being met or ignored.
2. Clarifying the Quality World: Define personal values and aspirations to guide decision-making.
3. Developing Communication Skills: Practice active listening and empathetic dialogue to improve relationships.
4. Focusing on Solutions: Shift attention from problems to actionable solutions that align with basic needs.
5. Avoiding External Control: Refrain from coercion and manipulation; prioritize respect and autonomy.

These strategies can be integrated into professional practice, family life, or personal growth efforts, providing a framework for sustainable change and fulfillment.

Impact and Criticisms of Choice Theory

While William Glasser's Choice Theory has been widely praised for its practical applications and positive outcomes, it is not without criticism. Some experts argue that the theory oversimplifies complex psychological issues and may not address systemic or biological factors influencing behavior. Critics also point out that the emphasis on personal responsibility can be challenging for individuals with severe mental health conditions or in environments with limited choices. Despite these critiques, Choice Theory continues to be valued for its focus on empowerment, relationship-building, and practical problem-solving. Its influence extends across education, counseling, and organizational development, making it a versatile and enduring model for fostering well-being and success.

Trending Questions and Answers about William Glasser's Choice Theory

Q: What is the main idea behind William Glasser's Choice Theory?

A: William Glasser's Choice Theory centers on the belief that people are internally motivated and make choices to satisfy five basic needs: survival, love and belonging, power, freedom, and fun. It emphasizes personal responsibility and the importance of building healthy relationships.

Q: How does Choice Theory differ from traditional behavioral psychology?

A: Choice Theory focuses on internal motivation and conscious choices, whereas traditional behavioral psychology often emphasizes external stimuli and reinforcement. Choice Theory encourages individuals to take responsibility for their actions rather than blaming external circumstances.

Q: What are the five basic needs identified in Choice Theory?

A: The five basic needs in Choice Theory are survival, love and belonging, power, freedom, and fun. These needs motivate all human behavior and are central to understanding why people make certain choices.

Q: How can educators apply Choice Theory in the classroom?

A: Educators can apply Choice Theory by fostering supportive relationships, encouraging student autonomy, and helping students understand the reasons behind their behavior. This approach leads to improved discipline, motivation, and classroom climate.

Q: What is the "quality world" in Choice Theory?

A: The "quality world" is a personal mental image of people, experiences, and things that an individual values most. It guides decision-making and serves as a motivational reference for satisfying basic needs.

Q: How does Choice Theory contribute to counseling and therapy?

A: In counseling and therapy, Choice Theory helps clients focus on their choices and take responsibility for meeting their needs. It empowers individuals to resolve relationship issues and develop effective coping strategies.

Q: What are some criticisms of Choice Theory?

A: Critics argue that Choice Theory may oversimplify complex psychological issues and place too much emphasis on personal responsibility, which can be challenging for those with severe mental health conditions or limited environmental options.

Q: Can Choice Theory be applied in organizational settings?

A: Yes, organizations use Choice Theory principles to improve leadership, communication, and employee engagement. It helps create respectful, collaborative workplaces and enhances problem-solving.

Q: Why is the need for love and belonging considered most important in Choice Theory?

A: According to Glasser, satisfying the need for love and belonging is crucial for mental health and well-being, as most psychological issues stem from unsatisfying relationships.

Q: What practical steps can individuals take to implement Choice Theory in daily life?

A: Individuals can implement Choice Theory by regularly assessing their choices, clarifying personal values, improving communication, focusing on solutions, and avoiding attempts to control others. These steps enhance self-management and relationships.

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William Glasser's Choice Theory: Understanding Human Behavior and Motivation

Are you fascinated by human behavior and the driving forces behind our choices? Do you want to understand the root of motivation and how we can cultivate more fulfilling relationships? Then delve into the fascinating world of William Glasser's Choice Theory. This comprehensive guide will explore the core tenets of this revolutionary psychological theory, providing practical insights into personal growth, effective communication, and building stronger connections. We'll unravel the complexities of Choice Theory, examining its principles and applications in various aspects of life.

What is William Glasser's Choice Theory?

William Glasser, a renowned psychiatrist and author of "Choice Theory," proposed a powerful alternative to traditional psychological models. Unlike theories that focus heavily on past experiences and external factors, Choice Theory posits that we are inherently self-motivated beings whose behavior is driven by our internal needs and choices. It emphasizes our innate capacity for self-determination and our ability to shape our lives through conscious decisions. The theory doesn't deny the impact of the past, but it prioritizes present-day choices and their influence on our well-

being.

The Five Basic Needs: The Core of Choice Theory

Choice Theory centers around five basic needs that drive all human behavior:

Survival: This encompasses our fundamental need for basic necessities like food, shelter, and safety. However, Glasser extended this beyond mere physical survival to include emotional safety and security.

Belonging: The intense desire to connect with others, to feel loved, accepted, and appreciated. This is a powerful motivator and a significant contributor to our overall happiness.

Power: The need for competence, achievement, and influence. This isn't about dominating others but about feeling capable and effective in our lives. It's about achieving a sense of self-efficacy.

Freedom: The need for autonomy and independence. We strive for control over our lives and choices, resisting external pressures that limit our self-determination.

Fun: The need for enjoyment, pleasure, and recreation. This need is crucial for overall well-being and a balanced life. It fuels our creativity and helps us experience joy.

How We Satisfy Our Needs: Quality World and Total Behavior

Choice Theory suggests that we attempt to satisfy these five needs through our "Quality World." This is our internalized picture of what would make us happy—the people, things, ideas, and situations we value most. Our behavior, then, is a constant striving to achieve congruence between our current reality and our Quality World.

Glasser describes our total behavior in terms of four components:

Acting: Our observable actions.

Thinking: Our thoughts and beliefs.

Feeling: Our emotions and reactions.

Physiology: Our physical state and responses.

These components are interconnected and influence one another. A change in one area invariably affects the others. For instance, changing our thinking can lead to different feelings, actions, and even physiological changes.

Applying Choice Theory in Relationships and Personal Growth

Understanding Choice Theory can profoundly impact our relationships and personal growth. By recognizing that our behavior is driven by our needs and choices, we can take responsibility for our actions and strive for more fulfilling connections. Here's how:

Empathy and Understanding: Choice Theory encourages us to see things from others' perspectives, understanding their needs and motivations.

Effective Communication: Instead of focusing on blaming or controlling others, we can communicate our needs and desires directly.

Problem-Solving: Focusing on collaborative problem-solving rather than imposing solutions helps build stronger relationships.

Self-Acceptance and Responsibility: By taking ownership of our choices, we empower ourselves to create positive change.

Beyond the Basics: Practical Applications of Choice Theory

Choice Theory is not merely a theoretical framework; it's a practical tool for personal development and improving interpersonal dynamics. Its principles have been successfully applied in various fields, including:

Education: Choice Theory principles are used to create more engaging and student-centered learning environments.

Marriage and Family Therapy: It provides a framework for improving communication and resolving conflict within families.

Business and Leadership: Understanding employee motivations and fostering a supportive work environment.

Personal Coaching: Helping individuals identify their needs and develop strategies for achieving their goals.

Conclusion

William Glasser's Choice Theory offers a powerful and insightful perspective on human behavior and motivation. By understanding our five basic needs and the role of our Quality World, we can take control of our lives and build stronger, more fulfilling relationships. This theory empowers us to move beyond blaming others and take responsibility for creating the life we desire. Applying its principles requires self-awareness, empathy, and a willingness to make conscious choices that align with our deepest needs and values.

FAQs

Q1: Is Choice Theory compatible with other psychological theories?

A1: While distinct, Choice Theory can be complementary to other approaches. It doesn't necessarily contradict other perspectives but offers a unique lens through which to understand human behavior.

Q2: How can I learn more about applying Choice Theory in my relationships?

A2: Reading Glasser's books ("Choice Theory," "Reality Therapy") and seeking out workshops or therapy sessions focused on Choice Theory principles are excellent starting points.

Q3: Can Choice Theory help with managing mental health challenges?

A3: While not a replacement for professional mental health treatment, Choice Theory can be a valuable tool in understanding and managing certain challenges by focusing on present choices and self-responsibility.

Q4: How does Choice Theory differ from traditional psychotherapy?

A4: Unlike many traditional approaches that emphasize past experiences, Choice Theory focuses on present choices and empowers individuals to create positive change in their lives.

Q5: Is Choice Theory suitable for children?

A5: Yes, adapted versions of Choice Theory principles are highly effective in parenting and education, focusing on teaching children about their choices and needs.

william glasser choice theory: Choice Theory William Glasser, M.D., 2010-11-16 Dr. William Glasser offers a new psychology that, if practiced, could reverse our widespread inability to get along with one another, an inability that is the source of almost all unhappiness. For progress in human relationships, he explains that we must give up the punishing, relationship-destroying external control psychology. For example, if you are in an unhappy relationship right now, he proposes that one or both of you could be using external control psychology on the other. He goes further. And suggests that misery is always related to a current unsatisfying relationship. Contrary to what you may believe, your troubles are always now, never in the past. No one can change what happened yesterday.

william glasser choice theory: Choice Theory in the Classroom William Glasser, M.D., 2010-11-16 William Glasser, M.D., puts his successful choice theory to work in our schools--with a new approach in increasing student motivation. Dr. Glasser translates choice theory into a productive, classroom model of team learning with emphasis on satisfaction and excitement. Working in small teams, students find that knowledge contributes to power, friendship and fun. Because content and the necessary student collaboration skills must be taught, teachers need to develop skills if they are to use this model successfully. The dividends are 'turned-on ' students and satisfied teachers. --Madeline Hunter, University of California at Los Angeles Choice Theory in the Classroom is a landmark book, without question one of the most important and useful books for teachers to appear in a long while. Written with rare lucidity and grace, the book has numerous instantly usable ideas that will contribute fundamentally to the success of classroom teachers. William Glasser combines his extensive theoretical expertise and wide practical experience to provide a practical and illuminating guide for teachers [that] should be required reading in every college of education in the country. --David and Roger Johnson, University of Minnesota Choice Theory in the Classroom presents an insightful analysis of what is wrong with traditional school and

what need to be done about it. Dr. Glasser gives a compelling rationale for the use of learning-teams in schools to capture the excitement and commitment students display in sports but rarely in the classroom. The book is well written and persuasive. I hope every teacher in America buys it, believes it, and behaves accordingly. --Robert Slavin, John Hopkins University

william glasser choice theory: Take Charge of Your Life William Glasser, 2013-03-19 A game changer for anyone ready to become the captain of their own ship. Dr. Phil McGraw, host of the nationally syndicated series Dr. Phil Take Charge of Your Life urges readers to stop blaming and start accepting responsibility for choices. Jeannine Chartier Hanscom, ForeWord Reviews Are you seeking a happier and more satisfying life? In Take Charge of Your Life, author Dr. William Glasser explains choice theory a science of human behavior and principles for regaining and maintaining a life you control and how it can help you find personal freedom from relationship-destroying external control. Take Charge of Your Life, a revision of his 1984 book Control Theory, explains choice theory using personalized examples and illustrative stories that allow you to learn how to improve your relationships and take charge of your actions. Topics include marital and relationship problems, parenthood, addictions, pain management, and psychosomatic disorders. For each situation, Dr. Glasser ties behavior to the pictures people create in their minds of what they want. He explains how the pictures got there and how people can choose new behaviors to get what they really want. In Take Charge of Your Life, Glasser offers a real model of empowerment. He shows how you can become a part of the equation that adds happiness and connection to the world in which you live now and to the world of future generations.

william glasser choice theory: Counseling with Choice Theory William Glasser, 2001-05-15 In Counseling with Choice Theory, Dr. William Glasser takes readers into his consulting room and illustrates, through a series of conversations with his patients, exactly how he puts his popular therapeutic theories into practice. These vivid, almost novelistic case histories bring Dr. Glasser's therapy to life and show readers how to get rid of the controlling, punishing I know what's right for you psychology that crops up in most situations when people face conflict with one another. Practical and readable, Counseling with Choice Theory is Dr. Glasser's most accessible book in years.

william glasser choice theory: The Language of Choice Theory William Glasser, M.D., Carleen Glasser, 2010-11-16 In this companion volume to the bestselling Choice Theory, Dr. William Glasser and his wife, Carleen Glasser, have imagined typical conversations in real-life situations--between parent and child, two partners in a relationship, teacher and student, and boss and employee. On the left-hand page is a typical controlling order or threat, and on the right a more reasonable version, using choice theory, which is more likely to get a favorable response from the child, lover, student, or employee. Through these examples, the principles of choice theory come alive.

william glasser choice theory: Quality School William Glasser, M.D., 2010-11-16 This should be required reading by every school administrator, every teacher, every board member and all university faculty involved in the training of teachers. There is no doubt that we need to squeeze all blame, all coercion and all criticism out of any people-related business. Not until we realize that schools are in a people business will we ever be able to make meaningful changes. --Dr. Albert Mamary, former superintendent of schools, Johnson City, New York

william glasser choice theory: Reality Therapy William Glasser, M.D., 2010-11-16 Glasser's classic bestseller, with more than 500,000 copies sold, examines his alternative to Freudian psychoanalytic procedures, explains the procedure, contrasts it to conventional treatment, and describes different individual cases in which it was successful.

william glasser choice theory: The Classroom of Choice Jonathan C. Erwin, 2004-05-15 Outstanding! . . . a great guide for teachers who want to succeed with every student they teach. --William Glasser Teachers everywhere face the daily challenge of engaging students whose knowledge, skills, needs, and temperaments vary greatly. How does a teacher establish a learning environment that supports the class as a whole while meeting the particular needs of individual students? Teacher Jonathan C. Erwin believes the answer lies in offering real opportunities to

students rather than throwing up the obstacles inherent in traditional discipline and motivation techniques. At the heart of his approach are the five basic human needs of William Glasser's Choice Theory: survival and security, love and belonging, power through cooperation and competency, freedom, and fun. By understanding and attending to these needs, teachers can customize and manage a classroom environment where students learn to motivate and monitor themselves. Drawing on theories and practices from experts in a variety of learning techniques, Erwin explores each of the five basic needs to create nearly 200 adaptable strategies for teaching and classroom management at any grade level. Readers will find dozens of ideas for helping students make positive changes, including * Improving their work habits, * Connecting curriculum with individual interests, * Opening lines of communication with teachers and other students, * Boosting self-worth through accomplishment, and * Supporting their classmates in cooperative work. Erwin ties everything together in a unit guide that allows teachers to develop a classroom profile based on the needs of individual students. The guide can be used with any district planning approach or curriculum. For teachers seeking a win-win situation in managing their classrooms, *The Classroom of Choice* is an excellent aid in creating a learning environment in which students and teachers approach each day with energy and enthusiasm. Note: This product listing is for the Adobe Acrobat (PDF) version of the book.

william glasser choice theory: *Staying Together* William Glasser, 1995 Much human misery has its origin in poverty, neglect, abuse, and ignorance. But perhaps the most common human misery is that which occurs in an unsuccessful marital relationship. Countless men and women are competent, productive, caring, intelligent, happy, and successful - except with their partners. Despite the fact that many of the social problems affecting us have their origins in unhappy marriages, there is little tangible information on how to maintain a successful union. Dr. William Glasser, one of the world's noted psychiatrists and authors, began to think about this subject when his wife told him shortly before cancer claimed her life in 1992: You won't do well by yourself; I hope you can find someone with whom you will be happy. She was right. After forty-six years of marriage, he wasn't happy by himself, but it was not easy to find someone else. As he began his quest for a new love, Glasser was forced to consider why some marriages succeed and others fail. *Staying Together*, his deeply personal guide to maintaining a fulfilling marriage, describes how he and his fiancée, Carleen Floyd, have built their relationship. Glasser advises readers on how to create loving and lasting marriages by applying control theory - his theory of how we function psychologically as each of us attempts to control our life - to relationships. The result is a wealth of new information about who would make a compatible partner and how to improve any relationship.

william glasser choice theory: *Control Theory* William Glasser, 1985-01 Explains the inner basis of all our behavior and feelings and the way by which we may control our emotions and actions for healthier, productive lives

william glasser choice theory: *Key Management Development Models* David Cotton, 2015-09-04

william glasser choice theory: *Control Theory in the Classroom* William Glasser, 1986 Motivation - Learning pictures - Discipline behaviours - Learning team model - Teacher as a modern manager - Classroom examples.

william glasser choice theory: *Warning: Psychiatry Can Be Hazardous to Your Mental Health* William Glasser, M.D., 2010-11-16 How psychopharmacology has usurped the role of psychotherapy in our society, to the great detriment of the patients involved. William Glasser describes in *Warning: Psychiatry Can Be Hazardous to Your Mental Health* the sea change that has taken place in the treatment of mental health in the last few years. Millions of patients are now routinely being given prescriptions for a wide range of drugs including Ritalin, Prozac, Zoloft and related drugs which can be harmful to the brain. A previous generation of patients would have had a course of psychotherapy without brain-damaging chemicals. Glasser explains the wide implications of this radical change in treatment and what can be done to counter it.

william glasser choice theory: *POSITIVE ADDICTION* William Glasser, M.D., 2010-11-30

The author of Reality Therapy and Take Effective Control of Your Life shows readers how to gain strength and self-esteem through positive behavior.

william glasser choice theory: *A Choice Theory Psychology Guide to Happiness* Carleen Glasser, 2019-06 This book is about how to make yourself happy. The meaning of happiness is uniquely examined from a Choice Theory perspective. Defining happiness is a somewhat difficult task because no two people experience it the same way. In this book, the author shares the personal stories of twenty, very different people, who have written about what happiness means to them and why they are happy. The author explains how different aspects of Dr. William Glasser's Choice Theory are demonstrated in every story. This reflection is followed by a Choice Theory Take Away where the author gives the readers information about how to immediately use these Choice Theory ideas in their own lives. In the Preface of the book, the basics of Choice Theory are briefly explained as a reference point. But the stories clarify the ideas and help the reader more fully understand Choice Theory and how to use it to make themselves happy.

william glasser choice theory: *Summary of Dr. William Glasser's Choice Theory* Everest Media,, 2022-03-31T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Choice theory states that we choose everything we do, including the misery we feel. We are much more in control of our lives than we realize. We only believe we are victims of our past when we are depressed, but we are actually victims of our own choices. #2 The seeds of all our unhappiness are planted early on when we encounter people who have discovered what is right for them, and try to force us to do what they know is right. The choice we make in how we resist that force is what makes all the difference in how well we get along with others. #3 The psychology of external control is the source of so much misery because it is the belief in and use of coercion and control to get our way. It is the common sense of our ancestors, parents, teachers, and leaders. It has been with us so long that it is considered common sense. #4 The world we live in is full of common sense, which is the basic psychology we use to make decisions. But when it comes to making decisions that affect our relationships, we often rely on external control, which is the psychology of punishment and control.

william glasser choice theory: *Getting Together and Staying Together* William Glasser, M.D., Carleen Glasser, 2010-11-16 The facts are nothing short of startling--no matter how many people seem to walk down the aisle, the divorce rate in America is at a record high. What's the secret to getting into a happy marriage and, even more important, staying in one? Now world-renowned psychiatrist Dr. William Glasser and his wife, Carleen Glasser, update their classic guide to successful marriages, *Staying Together*, for couples young and old. As they examine the questions of why some marriages work and others fail, the Glassers advise readers on how to create loving and happy relationships by applying Dr. Glasser's trademark choice theory. The result is a wealth of new information about who would make a compatible partner and how to improve any relationship.

william glasser choice theory: *Reality Therapy* Robert E. Wubbolding, 2011 Reality Therapy helps clients to learn to be more aware of their choices and how these choices may be inefficient in achieving their goals. In this book, Robert E. Wubbolding presents and explores this approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and contemporary and future developments.

william glasser choice theory: *Control Theory in the Practice of Reality Therapy* Naomi Glasser, William Glasser, 1989 Dr. William Glasser's bestselling theories of Reality Therapy and Control Theory are put into action in a series of fascinating case studies. Each case shows successful resolutions to help therapists learn how these treatments compliment each other.

william glasser choice theory: *Diagnosis Normal* Emma A. Jane, 2022-03-01 'I have three gears: glum melancholy, inappropriate outbursts, and extreme slapstick. On a good day, I can pass as normal but not for too many minutes. I'm what most people would regard as a hardened introvert . . . I like other people. I'm just not very good at them.' Emma Jane has lived a thousand colourful lives. She escaped a small town and a traumatic childhood by moving to Sydney, where she made an indelible imprint on the oppressively blokey mediascape. She played in an all-girl band, married a

rock star she hardly knew, had a baby, ditched journalism for academia, and changed her name from Emma Tom to Emma Jane. But all the while she was struggling with her mental health. Then, during the first Sydney lockdown she was accidentally sectioned in a psychiatric ward. At the time she wasn't sure whether to be more embarrassed by the institutionalisation or the fact she'd forgotten to set her at-home eyebrow dye timer and looked like Groucho Marx. Given everyone suffered some sort of corona-related DIY body hair disaster, however, she decided to focus on her confinement, and when she was subsequently diagnosed with autism spectrum disorder a number of things suddenly fell into place. Emma writes candidly about the complex combination of autism, mental illness and childhood sexual abuse that led to her being the person she is, and explores the impact each has on so many others in society. Critically, by breaking the toxic silence surrounding sexual violence and mental illness, she raises the possibility of not just surviving them but thriving. As she writes: 'We need to speak unspeakable things. We need more un-pretty stories.'

william glasser choice theory: *Science Education in Theory and Practice* Ben Akpan, Teresa J. Kennedy, 2020-09-08 This book provides a collection of applicable learning theories and their applications to science teaching. It presents a synthesis of historical theories while also providing practical implications for improvement of pedagogical practices aimed at advancing the field into the future. The theoretical viewpoints included in this volume span cognitive and social human development, address theories of learning, and describe approaches to teaching and curriculum development. The book presents and discusses humanistic, behaviourist, cognitivist, and constructivist theories. In addition, it looks at other theories, such as multiple intelligences theory, systems thinking, gender/sexuality theory and indigenous knowledge systems. Each chapter follows a reader-motivated approach anchored on a narrative genre. The book serves as a guide for those aiming to create optional learning experiences to prepare the next generation STEM workforce. Chapter "The Bildung Theory—From von Humboldt to Klafki and Beyond" is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com

william glasser choice theory: *Schools Without Failure* William Glasser, 1975

william glasser choice theory: *Eight Lessons for a Happier Marriage* William Glasser, M.D., Carleen Glasser, 2009-10-13 Applying the methods and ideas espoused in his popular book Choice Theory, world-renowned psychiatrist and relationship expert Dr. William Glasser, along with his wife, Carleen, offers a practical guide to an enduring, satisfying, successful marriage. Eight Lessons for a Happier Marriage showcases eight real-life histories of troubled couples and presents simple, practical solutions to overcoming the pitfalls illustrated therein. Keeping love alive and strong is not as difficult as you think; let the Glassers and this indispensable book show you how!

william glasser choice theory: *Teaching with Love & Logic* Jim Fay, David Funk, 1995 Presents techniques for teaching based on the Love and Logic philosophy of working with children.

william glasser choice theory: *The Practice of Choice Theory Psychology* Brian Lennon, 2019-09-10 The Practice of Choice Theory Psychology explores the use of Choice Theory psychology in a range of counselling and educational settings. These include relationships, conflict, bullying, abuse, loss, responsibility, drugs, anger and the self. The Choice Theory perspective is explained and, in most cases, practical ideas are offered for counselling or dealing with these situations. Although set in the context of Glasser's Reality Therapy, there are lots of ideas for counsellors from different theoretical backgrounds. This is a companion book to the author's The Practice of Reality Therapy.

william glasser choice theory: *Creating Caring and Supportive Educational Environments for Meaningful Learning* Daniels, Kisha, Billingsley, Katrina, 2018-09-14 In a seemingly tumultuous time of political change, caring and healing are needed now more than ever. This is especially true in education, which has been criticized for a disproportionate focus on the technical aspects of teaching with less focus on its "human" aspects. Creating Caring and Supportive Educational Environments for Meaningful Learning is a collection of innovative research on the practical and theoretical questions involved in organizing traditional and nontraditional areas of study around themes of care and support for students within the framework of current educational systems and

standards. While highlighting topics including service learning, ethics of care, and student mental health, this book is ideally designed for teachers, administrators, researchers, and academicians seeking current research on the importance and ethics of the human aspects of education.

william glasser choice theory: *In the Outback with Jasmine Banks* Ronit Baras, 2010 Living an ordinary life, journalist Jay Banks gets the chance of a lifetime to interview the dying world famous author Katherine Johnson. In her wildest dreams, Jay could not predict the unusual encounter with Katherine would shake her and make her question every important aspect of her life. Suddenly every action, feeling, relationship and choice is cast in doubt. Jay's story offers every reader, young and old, a fresh and powerful way to examine the most important parts of life and shift from ordinary existence to fascinating and exciting living. Joining Jay as she goes through pain and awakening on her journey of liberation allows readers to take an important step forward towards their own personal freedom.

william glasser choice theory: *Choice Theory Report* ,

william glasser choice theory: **Stations of the Mind** William Glasser, 1981

william glasser choice theory: Invitational Education John M. Novak, William Watson Purkey, 2001 Focuses on means of communication used in the classroom by which teachers inform students of their progress and achievement.

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coming to grips with some of the realities of their own life. The Guidance Counselor is the story of Tommie, who is physically abused and builds his inner strength to set himself free. Love Me, Love Me Not is a chain story about the desire that teenagers and adults have to be loved and things they will do to fulfill that desire. Biography is the story of Daniel, who finds out, with the help of a classmate, just how much he is loved by the people around him. The author says, This book is a tribute to my heroes, teens and parents, teachers and friends, people I had met throughout my life, had been great inspiration to me and needed to be known. It is about teens who are juggling the need to be unique with the need to be loved and accepted by others and their wonderful ways to be true to themselves.

william glasser choice theory: Quantum Change William R. Miller, Janet C'de Baca, 2011-10-21 Most of us walk through each day expecting few surprises. If we want to better ourselves or our lives, we map out a path of gradual change, perhaps in counseling or psychotherapy. Psychologists William Miller and Janet C'de Baca were longtime scholars and teachers of traditional approaches to self-improvement when they became intrigued by a different sort of change that was sometimes experienced by people they encountered--something often described as a bolt from the blue or seeing the light. And when they placed a request in a local newspaper for people's stories of unexpected personal transformation, the deluge of responses was astounding. These compelling stories of epiphanies and sudden insights inspired Miller and C'de Baca to examine the experience of quantum change through the lens of scientific psychology. Where does quantum change come from? Why do some of us experience it, and what kind of people do we become as a result? The answers that this book arrives at yield remarkable insights into how human beings achieve lasting change--sometimes even in spite of ourselves.

william glasser choice theory: A Choice Theory Psychology Guide to Anger Brian Lennon, 2019-05-29 In this book you will find an approach to anger that recognises both the valid role it can play in human life and the unwelcome effects when anger becomes rage. The author is careful to acknowledge the very real causes of anger and prefers not to treat it simply as a bad habit. Using ideas from Choice Theory psychology the author helps readers explore their own anger, its different forms and causes, its expression and effects. He offers a tried and tested method for the reader to take charge of the remarkably short space of time between the frustration and the outburst, between what the author calls the spark and the flame!

william glasser choice theory: What is this Thing Called Love? William Glasser, Carleen Glasser, 2000-01-01 This empowering book offers hundreds, potentially thousands of women and men an unmistakably profound message that they can use to implement positive change in their personal relationships immediately and forever. It is delivered in a simple, narrative story that is warm and immediately engaging, (and not text bookish at all). It is a perfect gift for the ones we love. I, like so many others, shop in your store again and again because we know we will find that special and unique gift for our loved ones. What Is This Thing Called Love is just such a gift item and I believe it has great revenue potential as well. As you will note from the accompanying materials, Dr. Glasser is highly visible around the world in the areas of education and psychology/personal growth, and has been successfully published numerous times.

william glasser choice theory: Motivating Kids Ronit Baras, 2019-07-11 Frustrated with your kids' lack of motivation? Tired of nagging? Want to motivate your children without using force? Motivating Kids is the book for you! This is the ultimate comprehensive guide to motivating kids that will teach you the science of motivation: the Why, the What, and most importantly, the How to motivate your kids. The practical tips work just as effectively, and just as easily, on toddler and on teenagers. We all know that motivated kids can do everything. Even more than their knowledge, their academic achievements, their skills and abilities, their drive and motivation will determine their success in life. Motivation is like a battery that keeps people going. The fuller the battery is, the further we can go. Motivation is what makes your child get up in the morning, eat, take care of him/herself, learn, try new things and experience the world to the fullest. It is like the fuel that keeps them going and, as a parent you want them to go far. If you want to make sure your kids will

go far, into every destination in life, you want to make sure their motivation battery is full. Motivating Kids is your ultimate guide to motivating your kids to be the best they can be. About 300 pages of practical ways to fill up the battery and fuel up their life, 211 quotes to inspire you and your kid to do amazing things and be the best you can be: best parent, best child. In 18 chapters, this ultimate guide gives you 303 practical tips that can change your parenting and help you become a role model for your child. This parenting course has 28 exercises that will lead you to it, gradually and with confidence and save you wondering the how to of motivation. This book, which is a summary of 17 parenting sessions, includes new research and statistics that will reveal the science of motivation and save you sitting through courses, classes and hundreds of books.

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