



FORT LAUDERDALE
COUNSELING AND ASSESSMENT

Realty/Choice Therapy
Dr. William Glasser

Choice Therapy

7 Caring and Deadly Habits.

7 CARING HABITS

SUPPORTING

ENCOURAGING

LISTENING

ACCEPTING

TRUSTING

RESPECTING

NEGOTIATING DIFFERENCES

7 DEADLY HABITS

CRITICISING

BLAMING

COMPLAINING

NAGGING

THREATENING

PUNISHING

BRIBING OR REWARDING
TO CONTROL