



FORT LAUDERDALE
COUNSELING AND ASSESSMENT

Realty/Choice Therapy
Dr. William Glasser

Choice Therapy

1 Emphasis on CHOICES and RESPONSIBILITY

The choices we make influence our circumstances and feelings. So, we are responsible for both.

2 CONTROL - We can't control others, we can only control our own behaviors and thoughts.

3 People and events offer INFORMATION that can be used to explore choices.

4 Choices are influenced by 5 NEEDS - Survival, Love/Belonging, Power, Freedom, and Fun

5 PRESENT ORIENTED
Past painful experiences influence who we are today, but contribute little or nothing to what we need to do now (i.e., improvement of relationships, exploration of choices).