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Choice Theory® is based on the simple premise that every individual only has the power to control themselves and has limited power to control others. Applying Choice Theory allows one to take responsibility for one's own life and at the same time, withdraw from attempting to direct other people's decisions and lives.

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Glasser has worked with choice theory for half of his 40 years of psychiatric practice. Basically, choice theory helps its users avoid confrontation and ask pertinent questions. It sees conscious or unconscious desire for external control as the main problem in the four major personal relationships: husband-wife, parent-child, teacher-student, and manager-worker.

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Choice Theory Psychology. Dr. William Glasser's 1998 book, Choice Theory: A New Psychology of Personal Freedom, is the primary text for all that is taught by William Glasser International. Choice theory psychology states that: We are driven by our genes to satisfy five basic needs: survival, love and belonging, power, freedom and fun.

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Glasser's theory is that nobody can 'make' us do or feel anything, as all we do is give or receive information. This information can neither make us do or feel anything. It is our choice how we perceive or filter the information, and it is our choice how we respond to it.

A Very Brief Introduction to Choice Theory - HeadStuff

William Glasser introduced the Choice Theory of Behavior Management in 1996. It is based on one core idea: that the most important need that people have is love and belonging. In order for anyone to be able to satisfy any of their needs, they must have a certain closeness or a feeling of connectedness with the family, friends, and acquaintances they care about.

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The William Glasser Institute UK is the former Institute for Reality Therapy UK. We are the UK governing body for all Choice Theory and Reality Therapy practitioner and faculty training and accreditation. We are members of both the European Association of Reality Therapy and William Glasser International. You can read more about what we do, and our Executive Board by visiting the 'About WGI UK' links at the top of the page.

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The fundamental paradigm of William Glasser's Choice Theory is that all behaviour is, either consciously or unconsciously, chosen. The basis for any given choice is the desire to move from the pain of unfulfilled needs to the pleasure of fulfilled needs. He specifies five basic needs: survival, power, fun, freedom and love and belonging, the ...

William Glasser's Choice Theory and Reality Therapy ...

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Those familiar with both are likely to prefer choice theory, the more modern formulation. Choice theory posits most mental illness is, in fact, an expression of unhappiness. Glasser champions how we are able to learn and choose alternate behaviors resulting in greater personal satisfaction. Reality therapy is the choice theory-based counseling process focused on helping clients to learn to make those self-optimizing choices.

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