

Reality Therapy Basic Beliefs

- Emphasis is on responsibility
- Therapist's function is to keep therapy focused on the present
- We often mistakenly choose misery in our best attempt to meet our needs
- We act responsibly when we meet our needs without keeping others from meeting their needs

Basic Needs

- All internally motivated behavior is geared toward meeting one or more of our basic human needs
 - Belonging
 - Power
 - Freedom
 - Fun
 - Survival (Physiological needs)
- Our brain functions as a control system to get us what we want

Procedures That Lead to Change:

The "WDEP" System

W Wants - What do you want to be and do?

Your "picture album"

D Doing and Direction - What are you doing?

Where do you want to go?

E Evaluation - Does your present behavior have a reasonable chance of getting you what you want?

P Planning – "SAMIC"

Planning For Change

S Simple - Easy to understand, specific and concrete

A Attainable - Within the capacities and motivation of the client

M Measurable - Are the changes observable and helpful?

I Immediate and Involved - What can be done today?
What can you do?

C Controlled - Can you do this by yourself or will you be dependent on others?

Total Behavior

Our Best Attempt to Satisfy Our Needs

- DOING – active behaviors
- THINKING – thoughts, self-statements