

## Reality Therapy Based on Choice Theory

### **Key Terms**

Autonomy- state of accepting responsibility and taking control of self (life)

Commitment- not skewing from the plan for change

Choice Theory- humans are internally motivated and have a purpose to control behaviors; humans are self-determined and create own destiny (all elements of behavior are interrelated)

Cycle of Counseling- any means to create a positive environment in counseling, based on personal involvement and procedures for change to occur

Involvement- counselor's interest in and caring for clients

Painful Behaviors- people choose misery by developing symptoms (headaching, depressing, anxietying) because at the time they seem to be the best behaviors to execute for survival

Perceived World- the reality we experience and interpret

Psychological Needs- needs for belonging, power, freedom, and fun that drive people and explain behaviors

Quality World- perceptions and images we have to fulfill our basic psychological needs

Responsibility- satisfying personal needs while not interfering with people who fulfill their needs

Self-Evaluation- clients' assessment of current behaviors in order to determine if their behaviors are working and if behaviors are meeting their needs

Total Behavior- integrated components of doing, thinking, feeling, and physiology

WDEP System- procedures that are applied to the practice of reality therapy groups; strategies help clients identify their wants, determine direction behaviors take them, self-evaluations, and designs plans for change