

You Don't DO Choice Theory!

Choice Theory is not something you apply or do. It is simply an explanation of how and why people behave.

When someone says that they do Choice Theory®, it is the equivalent of saying that a cyclist does aerodynamics. Certainly a cyclist will do better if they understand the theory and effects of aerodynamics, but the actual behavior is that of cycling.

When someone is using the Reality Therapy questioning process, it is certainly helpful to understand Choice Theory. Understanding that the quality world is our representation of how we satisfy our basic psychological needs, and that our perceptions are our reality helps counselor/teacher select more effective questions for the situation.