Choice Theory

A New Psychology Of Personal Freedom William Glasser

Summary:

Choice Theory is a psychological framework developed by William Glasser in the 1960s. It is based on the idea that people have freedom of choice in their life decisions. The theory holds that individuals have the power to change their behavior and make decisions that affect their lives. Choice Theory challenges traditional psychological models and offers a new perspective on human behavior.

Key Concepts:

- Freedom of choice
- Responsibility
- Personal power
- Life space
- External and internal control
- Choice points

Applications:

Choice Theory has been applied in various fields, including psychology, education, and business. It has been used to develop strategies for personal growth, coaching, and counseling. The theory has also been applied in the field of education to improve learning outcomes and promote student engagement.

Critique:

While Choice Theory offers a new perspective on human behavior, it has been criticized for its authoritarian approach and for oversimplifying complex human motivations. Some have argued that the theory relies too heavily on external control and does not account for the role of internal motivation in decision-making.

Overall, Choice Theory provides a valuable framework for understanding human behavior and decision-making. It encourages individuals to take responsibility for their choices and to strive for personal growth and development.
students studying theories of therapy and counseling, as well as for seasoned practitioners interested in understanding how this approach has evolved and how it might be used in their practice. Reality Therapy is structured around the WDEP system (wants, doing, evaluation, and planning): The reality therapist works with clients to explore their wants and what they are doing to make themselves happy. Reality Therapy helps clients to learn to be more aware of their choices and how these choices may be inefficient in achieving their goals. Framing behavior as a choice, a choice made by an individual, leads clients to feel more responsible and in command of their lives. Reality Therapy is based on the belief that human behavior is always a choice and that the choice is made by the individual, not by outside forces. Reality Therapy is a choice-focused approach to psychotherapy that emphasizes the individual's ability to control their own behavior.

A Choice Theory Psychology Guide to Happiness

This book is about how to make yourself happy. The meaning of happiness is uniquely examined from a Choice Theory perspective. Defining happiness is a difficult task because no two people experience it the same way. In this book, the author shares the personal stories of twenty, very different people, who have written about what happiness means to them and why they are happy. The author explains how different aspects of Dr. William Glasser's Choice Theory are demonstrated in every story. This reflection is followed by a Choice Theory Take Away where the author gives the readers information about how to immediately use these concepts in their own lives to make themselves happy. 

Postmodernism, Or, The Cultural Logic of Late Capitalism

Proceedings of a symposium, held as a satellite meeting of the Second World Congress of Neuroscience, at the University of Bremen in August 1987. An overview of lesion-induced neural plasticity in such areas as the spinal cord; vertibular, oculomotor, visual, and olfactory systems; the cerebellum; and the cerebral cortex. Many diagrams, charts, and illustrations. Some implications for the general understanding of neural plasticity are discussed. The title essay was published in 1984 in New Left Review, and a number of the other essays presented here also appeared in previous publications, sometimes in an earlier form. Jameson offers a wide-ranging discussion of the cultural implications of neuroscience, including the implications of the new neurosciences for political theory, economic theory, and the understanding of human behavior in general.