

# Reality Therapy: founded by William Glasser.

- The goal of Reality Therapy: **Achieve the satisfactions of life in a healthy way**, optimizing one's satisfactions of living in the world. The primary means to accomplish this is **to choose a self direction of internal controls rather than of external controls.**
- **We are born with an internal image of an ideal world view (Quality World).** However, the reality of life does not often match this ideal in regard to our behaviors in action, thought, feelings and physiology. **The difference between the ideal life and the real life can show up as certain basic needs not met.**
- **Human nature** is comprised of five basic needs requiring satisfaction.

**Survival**

**Love and Belonging**

**Power**

**Freedom**

**Fun**

# Reality Therapy

- Our total behaviors are comprised of actions, thoughts, feelings and physiology which **don't always match the internal images of our Quality World**. Individuals will seek to control this mismatch by getting resolution internally or externally.
- **Internal controls** such as, acceptance, respect, supporting others and **developing a sense that one can choose** their one behaviors, **can generate much greater control over oneself and thus increase the rate of success in life and self-satisfaction.**
- **External controls** are derived from outside the body for example: blaming, manipulation, being critical, passive aggressive, and **a belief that life is controlled by external factors.**
- **Mental Health is equated to acceptance of personal responsibility.**

# Reality Therapy

- WDEP: Wants, Doing, Evaluating, Plan. **This is a discovery** of what a person Wants, what the person is Doing, Evaluating if what the person is doing is getting him what he wants and then a Plan of action to get on course for satisfaction.
- AB-CDE: Always Be ....Consistent, Curteous and Calm ....be Determined, that there will be a positive outcome and Enthusiastic about the future.
- **Suspend Judgement**: Free to probe deeper into one's thoughts and feelings.
- Do the Unexpected: Motivational