



**“Good or bad,
everything we do
is our best choice
at that moment.”**

**Dr. William Glasser,
Choice Theory:**

A New Psychology of Personal Freedom

The term Quality World was first used by Dr. William Glasser in his book, *Choice Theory: A New Psychology of Personal Freedom*, to describe that place in our brain where we store pictures that relate to our memories of those people, things and ideas or systems of belief that we perceive to be need-fulfilling.

You could do a drawing/ painting/ picture of something in your quality world.

Or use a piece of paper, split in to 4 and ask about their most important:

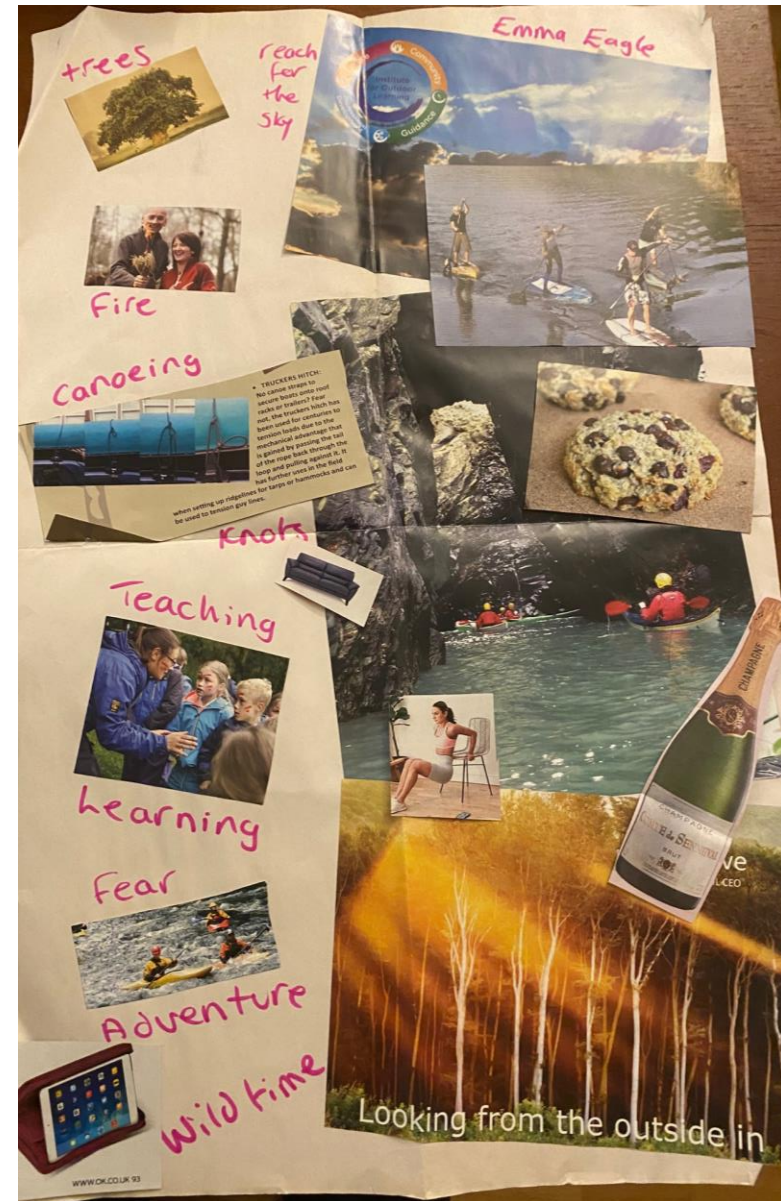
- Person
- Place
- Possession
- Pastime/ activityie/ hobby



Magazine picture

TOP TIPS!

- Have pictures pre-cut...
- Ask to bring own magazines/ consider range of images. I love the outdoors and they are the theme of my magazines!
- Consider words/ drawings/ own photos...



STONE

You could use natural objects to represent things in your quality world. For example, my dog Uisce (Ishka) likes to dig for stones in the river! She is also naughtily sometimes swallows them!

But she is a huge part of my quality world and means the absolute world to me.



River water



A jar of river water can represent the River Bure that runs through North Norfolk. The place where I first learnt to paddle a canoe, where I spend time learning and teaching. This represents many aspects in my quality world including the love of adventure!

Sweet chestnut leaf



- Representing fish and chips!
- My love of food, going out for meals and socialising with friends, making memories.



Food/Exercise- conflicting pictures



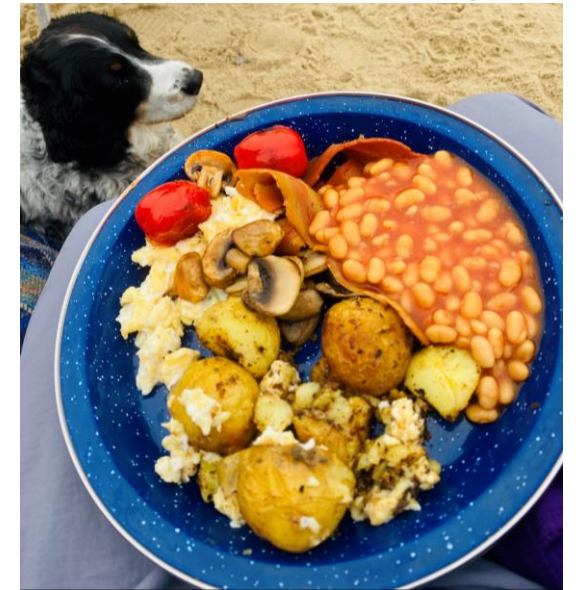
- I love food- maybe food that's not so good for me but it is also important I am fit and healthy to do the paddlesports that I love. So sometimes I feel conflicted between wanting the cheesecake, and want to eat healthily to stay fit and active.
- I can't take out of my quality world my love for food and just keep exercise, but I can, over time make love for food in moderation, because it's a bigger picture in my quality world to be fit and healthy to do paddlesports!

Quality world meeting needs...



Love & Belonging
Self worth / power
Freedom & Independence
Fun and enjoyment
Survival and health

Although these needs are not in a hierarchy (as in Maslow's development model of motivation), in practice the two most important needs are "**the need to love and be loved**" (Love & Belonging) and the (self worth/power) need to feel that we are "**worthwhile to ourselves and others**" (Glasser, 1965).



What does a tree need to survive and thrive..?

- *Love and belonging* – connected with the natural world, roots tight hold in the soil, branches for the birds...
- *Power* – important to provide oxygen-achievement, success in growing tall and strong



- *Survival* – nutrients from soil, water from the rain...

- *Fun* - dancing in the wind, chatting to other trees, providing branches for parties of animals!
- *Freedom* – independence – from a tiny acorn do mighty oaks grow- resilience in wind and rain

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Books...

- https://www.amazon.co.uk/Choice-Theory-Psychology-Guide-Happiness/dp/1071219162/ref=sr_1_1?dchild=1&keywords=happiness+carleen+glasser&qid=1603309103&sr=8-1
- <https://www.amazon.co.uk/Take-Charge-Your-Life-Choice-Theory/dp/1938908325>

Further training

- Outdoor basic workshop will be advertised on the FSA website but more info here on Facebook: <https://fb.me/e/kpWjnuT99>
- Contact either of us for info on Take Charge of your life training- hopefully another online webinar coming soon!

10 axioms of choice theory

10 Axioms of Choice Theory from William Glasser, MD

1. We can only control our own behaviour.
2. All we can give or get from others is information.
3. All long-lasting problems are relationship problems.
4. We must have at least one satisfying personal relationship.
5. The past has a good deal to do with who we are, but we are not prisoners of the past.
6. We are driven by five genetic, basic needs.
7. We satisfy these needs by what we choose to put in our quality worlds.
8. All behaviour is made up of four inseparable components...acting, thinking, feeling and physiology.
9. We gain personal freedom when we recognize that we choose all our own behavior
10. We only have direct control over acting and thinking. We can indirectly control our feelings and physiology by how we think and act.