

Choice Theory Chart

All we Know

What we Value

Basic Needs

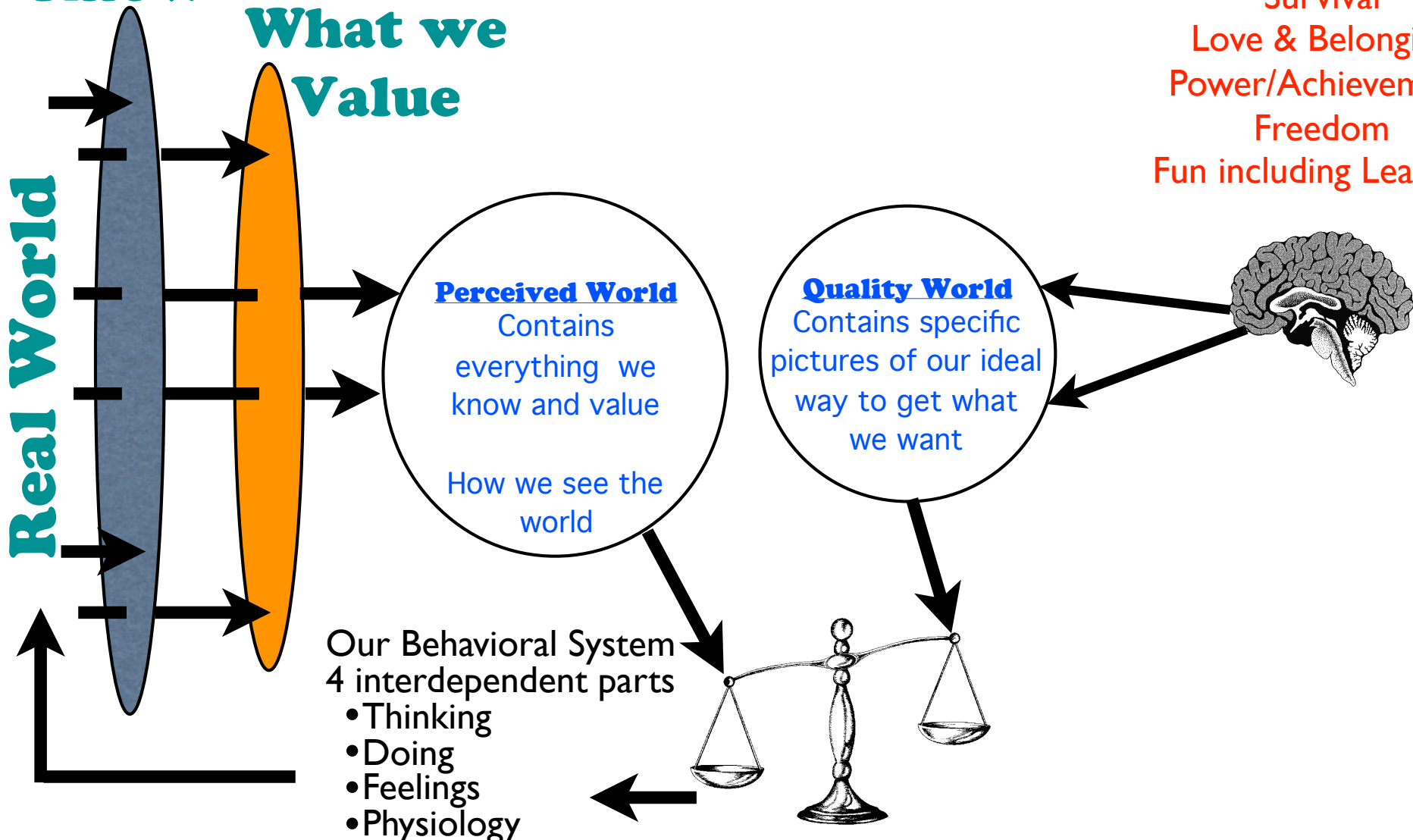
Survival

Love & Belonging

Power/Achievement

Freedom

Fun including Learning



Perceived World

Contains everything we know and value

How we see the world

Quality World

Contains specific pictures of our ideal way to get what we want

Our Behavioral System
4 interdependent parts

- Thinking
- Doing
- Feelings
- Physiology

Organized vs. Reorganizing or Creative Behavior