



## Module Five: Your Quality World

In Choice Theory (CT), Dr. Glasser teaches us about an internal place that we all have that he calls the Quality World. From the moment of our birth, we are continuously gathering pictures of people, things, values and ideas that we place in our Quality World.

The criteria necessary to get into the Quality World are twofold. First, the picture has to feel very good and secondly, it must meet one or more of the basic needs we discussed in Lesson Four. We all have many things in our Quality World, some that are real and some that are fantasy. However, everything that's in there feels very good to the individual who holds it in their Quality World, and meets at least one or more of the person's basic needs.

The name "Quality"World can be somewhat deceiving. Some people believe that in order to get into our Quality World, the things we put there must be good, healthy and positive or somehow match society's definition of "quality". However, the things a person places in his or her Quality World only has to feel good to that individual.

Consequently, alcohol is in the Quality World of an alcoholic, molestation is in the Quality World of a perpetrator, control is in the Quality World of a batterer and on and on. I'm sure you get the idea. So, in addition to all the positive things that we have in our Quality Worlds there may be some things that feel really good to us and meet some of our needs that may not necessarily be good for us or for those around us.

I will share some examples of things that are my Quality World. I have my life partner, my children, my grandchildren (the one who is born and the one who is on his way) parents, my brothers and their families, my work, my friends, horseback riding, chocolate, wolves, my car, Derick Jeter (and he's in love with me in my Quality World), good books and movies, R&B music, my free time, procrastination, the work I do, meeting new people, having meaningful conversation, the ability to do as I please, kindness, equality, fairness, honesty, the Pacific Northwest, Las Vegas, the Grand Canyon, Hawaii, Alaska, the Rockies and a multitude of other things. Did I say chocolate?

I also have pictures of myself in my Quality World. In my Quality World, I am my best self. I am my ideal weight, young, healthy, kind, and successful. I am a best-selling author, a dynamite speaker, an awesome counselor/coach and a magnificent mother.

Most of what is in my Quality World, I already have in my life. Some of what is listed is total fantasy, such as Derick Jeter being in love with me. And other things are true sometimes, such as being a magnificent mother, but they are a view of perfection, not reality. As long as it feels very good and meets at least one or more of our basic needs, then it can gain entrance into our Quality World.

There is no place for mediocre pictures there. Our Quality World is our most perfect world. It represents perfection as seen by the individual. If we could live there, our lives would be perfect. However, we must live in the place called the Real World, where things are not so perfect.

What I would like you to do this week is to spend a great deal of time thinking about all the things that you want in your life. Don't filter anything that comes to mind. Think about the pictures you have in your Quality World. They can be realistic or fantasy. They can be things you've already experienced and things you hope to experience in the future. They can be things you have in your life that you'd like to maintain or things you hope to acquire in the future.

Ask yourself these questions: What helps me feel safe? What do I need to survive? With whom do I feel safest? Who do I love? Who are my good friends? What family members am I close to? Whose presence do I value in my life? What groups and/or associations are important to me? What am I good at, proud of, or have accomplished in my life? In what areas do I make an impact? Where am I most influential? Where do I have power and control in my life? When and where in my life do I feel most free? Where do I exercise my independence? What activities do I engage in that create a feeling of total freedom? Where do I have fun? What learning is important to me? What activities allow me to best relax?

Now you can go through the list again asking, "What do you imagine would . . .?" This will help you address those things you want but currently don't have. Include future wishes and desires, as well.

By this time next week, you should have a fairly intimate knowledge of your Quality World pictures--things you want that you currently don't have or things you have that you want to maintain. This week, whenever you are not engaged in meaningful activity, you should be asking yourself the question, "What do I want? If I could have anything, what would it be? What do I really, truly want?"

If you are having difficulty thinking of things, I would like you to devote at least fifteen minutes every day either first thing when you wake up or last thing at night before going to sleep, daydreaming about what it is you really want in your life. Allow the thoughts to just free flow.

### **Conclusion:**

Complete the Quality World Pictures worksheet. It is a blank page with the five basic needs represented on it. Take a look at the form and fill it in with the pictures in your Quality World that most effectively meet those needs. Of course, many Quality World pictures will meet more than one need. In that case, you can either put it in two or more places or just put it in under the need it most addresses.

Next week, we will be looking at the power of Perception. I'm looking forward to it. Until then, have an awesome week. Near the end of the week, complete the worksheet. It is a blank page with the five basic needs represented on it. Take a look at the form and fill it in with the pictures in your Quality World that most effectively meet those needs. Of course, many Quality World pictures will meet more than one need. In that case, you can either put it in two or more places or just put it in under the need it most addresses.