

The Choice Theory Perspective

Identify the behavior:

What do you think the person is trying to get by using this behavior?

What need or needs do you think it behind it?

Can you write up the situation attempting to see it completely from the other person's point of view? (Please be generous when describing motives for the person's behavior.)

Can you understand, not necessarily agree with, what the person is attempting to do? YES "or" "NO

What can you do to help this person either get what they want or get more of what they need in a responsible way?

Are you willing to do it? " "YES or " "NO

If yes, what happens when you do?

If not, are you willing to accept the behavior since you do not want to be part of the solution? YES "or "NO

If yes, what will you do or think differently so you begin to accept this behavior?

If not, what will you do to try to get the person to stop?

Do you think that will be effective? YES or " NO

If yes, great! If not, what now?