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PSY 444

Professor Stephen Maret

Assignment 6 Reality Therapy

25- The Bible speaks of sacrifice and little emphasis on our personal fulfillment, one must achieve fulfillment through Christ and self-sacrifice. While Reality/Choice Theory focuses on the present and the need to meet our needs, survival, life and belonging, power, freedom, and fun, the Christian speaks of sacrifice, and the omnipotence of God. Belonging can only be felt by following Jesus' footsteps and by taming our wants. Fun often seek by a non-Christian way of life and many bad choices.

27- In Choice, theory behavior is a way of satisfying our wants and needs and all we do from birth on is to behave. Total behavior is made up of four distinct but inseparable components, acting, thinking, feeling, and physiology; they are part of all our actions, feelings, and thoughts. We decide our futures through our inner thoughts that are manifested in our behavior. The person's quality world is the idealized world in which the client desires to live in, it fulfills all the wants and needs of the client.

31- Glasser believed that clients should only receive a diagnosis when it is necessary for insurance purposes because they are a way that the person chooses to behave in order to bear the pain of their present relationship and frustration. In his view, mental illness should be limited to

conditions such as Alzheimer's disease, epilepsy, head trauma, and brain infections, in other words, to physically debilitating conditions, not psychological ones.

33-Reality Therapists ask their clients to evaluate their current behaviors in order for the client to take responsibility for their behavior, identify areas to change, and to self-promote healthier choices. The client is vital in the process of change and learning how to apply the concepts learned in therapy and carry on for future occasions.