

Reality therapy is parented by choice theory which explains why and how we function.

Reality therapy is therapy that provides a delivery system in helping people take more control of their lives. Realistically, I believe we all can benefit from reality therapy. Having effective control over our lives is very important.

Human nature according to reality therapy says we're born with five encoded basic needs that drive our lives, survival, love and belonging, power (inner control), freedom and fun. Love and belonging is considered to be the primary need; the one we all wish to have fulfilled.

Whenever we're feeling bad or less than, one or more of our needs aren't being met. As humans, we aren't always able to pinpoint which need we're lacking but when we're feeling down, the goal is always for individuals to do what they can in order to feel better. So in reality therapy, the therapist's goal is to teach choice theory so clients can identify unmet needs and learn the tools to satisfy them.

Quality world is information we store in our minds from birth that ultimately build a file of our wants at the core of our life. Picture album is developed from our quality world; it houses the ideas of our specific wants as well as precise effective control over our lives. In reality therapy, the therapists aims to build a relationship strong enough with the client to be placed in their quality world and the primary goal of this therapy is to help clients connect or reconnect with people in their quality world. It's important for clients to learn better ways to fulfill their needs.

Clients are expected to follow through with action. When clients or individuals in general change their actions, their thoughts eventually begin to follow. So in reality therapy, clients are expected to be present which leads them to using their learnings from therapy in present day.