



# The Ten Axioms of Choice Theory

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1. The only person whose behavior we can control is our own.
2. All we can give another person is information.
3. All long-lasting psychological problems are relationship problems.
4. The problem relationship is always part of our present life.
5. What happened in the past has everything to do with what we are today, but we can only satisfy our basic needs right now and plan to continue satisfying them in the future.
6. We can only satisfy our needs by satisfying the pictures in our Quality World.
7. All we do is behave.
8. All behavior is Total Behavior and is made up of four components: acting, thinking, feeling and physiology.
9. All Total Behavior is chosen, but we only have direct control over the acting and thinking components. We can only control our feeling and physiology indirectly through how we choose to act and think.
10. All Total Behavior is designated by verbs and named by the part that is the most recognizable.

## Deadly and Connecting Habits

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When we use deadly habits, we are guaranteed to damage the relationship. They are very powerful habits and are often used when attempting to control another person by getting them to behave, think, or feel a specific way. Connecting Habits are the opposite of External Control Psychology. When used, we treat the relationship as the priority. Although they don't have the same power as deadly habits, they are guaranteed to strengthen the relationship (meant in the sense that one deadly habit will damage the relationship significantly more than one connecting habit can repair the damage of the deadly habit).

### *Seven Caring Habits*

1. Supporting
2. Encouraging
3. Listening
4. Accepting
5. Trusting
6. Respecting
7. Negotiating differences

### *Seven Deadly Habits*

1. Criticizing
2. Blaming
3. Complaining
4. Nagging
5. Threatening
6. Punishing
7. Bribing, rewarding to control



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# Basic Needs

Our basic needs are wired into our DNA. In order to be healthy and balanced, our needs need to be met. When we are stressed or unhappy, it is because we are not successfully meeting one or more of our needs. Although we all share the same needs, how they are met is an individual experience and our desire for each need varies from person to person.

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## Survival

The need to be healthy, safe, have security, and to reproduce.

## Love and Belonging

The most important of all of our need. The need to love and be loved. A place in which we belong and feel connected.

## Power

The need for achievement and accomplishment. To be good at something, respected and acknowledged. This can also be seen as our sense of self-worth.

## Freedom

The ability to do and be what we want. The need for independence and autonomy. True freedom only comes with the responsibility to maintain it.

## Fun

The need to play, laugh, learn, and leisure. Yes, we are genetically wired to play and it is essential to our happiness!



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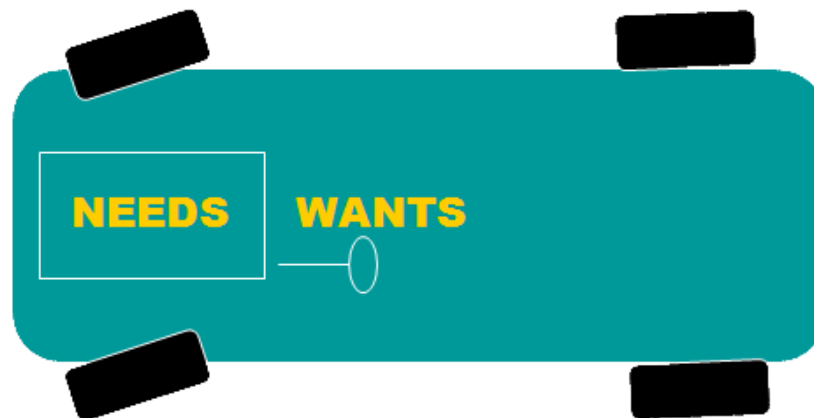
## Total Behavior

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TOTAL BEHAVIOR CAR

**DOING**

**FEELING**



**THINKING**

**PHYSIOLOGICAL**

Four Basic Premises:

1. All behavior is purposeful to meet one or more of my basic needs.
2. Behavior is what I choose to do, think, feel and behave physiologically.
3. Because my behaviors are chosen, I cannot blame others for my behavior.
4. Since my behaviors are learned, I can choose new behaviors if I wish to.