

About William Glasser's
CHOICE THEORY

Mohsen Makhmalbaf

Translators:
Dilovar Sultoni
Dr. Sheela Sree Kumar

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Writer: Mohsen Makhmalbaf

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Translators: Dilovar Sultoni & Dr. Sheela Sree Kumar

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The present article has benefited from the ideas of Choice Theory and Reality Therapy by William Glasser.

Mohsen Makhmalbaf

CONTENTS

Introduction	1
Choice Theory	2
THE FIRST ASSUMPTION	2
THE SECOND ASSUMPTION	3
THE THIRD ASSUMPTION	3
THE FOURTH ASSUMPTION	3
THE FIFTH ASSUMPTION	4
THE SIXTH ASSUMPTION	4
THE SEVENTH ASSUMPTION	15
THE EIGHTH ASSUMPTION	17
THE NINTH ASSUMPTION	21
THE TENTH ASSUMPTION	47
THE ELEVENTH ASSUMPTION	48
Glasser's counseling method	54
Summary of ten principles of Choice Theory	60

Introduction

Glasser: My treatment in "Choice Theory" is more educational. The psychology must be easy to understand, so it can be taught to anyone who wants to learn it.

Glasser: Those who are familiar with the Choice Theory need less counseling. If someone is not familiar, my first step in treatment is to teach him the Choice Theory.

Glasser: For several decades, the loud voices of psychology were influenced by Freud. And the famous slogan of that time: You are a victim of the past. And the result was self-sacrifice, rather than willpower and responsibility. While the cause of mental health problems is not past experiences, or repressions and rejected memories to the individual subconscious, but it is irresponsibility and avoidance of reality.

Choice Theory

Choice Theory, like all psychological theories has assumptions; in order to understand this method of treatment, one must first understand its assumptions.

THE FIRST ASSUMPTION

We are all born with five needs:

1. Need for health and to stay alive.
2. Need for love and belonging.
3. Need for freedom.
4. Need for fun.
5. Need for power.

These five needs are apparent from the baby's first breath at birth.

Measuring the five needs on a daily basis:

When you wake up in the morning feeling unwell, it means that one or more of your five needs have not been met.

For example, if you have a cold, the pain of a cold says that an infection threatens your need to stay healthy and alive.

Or when you wake up in the morning feeling lonely, because your child or spouse has gone to town to study, your need for love and a sense of belonging has not really been met.

Or if you are waiting to hear about your job promotion, your restlessness is due to the possibility of losing power. If the news is good, you will be happy. If the news is bad, your situation will get worse, because your need for power has been weakened.

Or if you were going to leave the house while you are on holiday, but it is raining and you are locked in the house, then you are not able to fulfil your need to have fun.

Quantity of needs for each person

Humans are not the same as each other with respect to the degree of importance of these five needs in their lives.

Glasser's assumption is that a number five means the highest and a number one means the lowest. If the married couples are even slightly different with reference to their five needs, their incompatibility may even lead to their divorce.

By identifying the quantity of needs in each person, one can anticipate probable issues before marriage and advise on marriage.

THE SECOND ASSUMPTION

If a person does not find the right way to satisfy his need, he engages in dysfunctional behaviors, which in psychology are labeled as sicknesses. For example: Anxiety, depression, anger, etc.

These behaviors are conscious manifestations in people and are there to satisfy the five needs. For example, a person who is so angry at the separation of his wife that he is afraid he will kill her or commit suicide. To satisfy the need to stay alive, he starts to get depressed. Or he falls in love with another to stay alive.

Drug use also feels like the actual satisfaction of those five needs.

THE THIRD ASSUMPTION

When people face adversity and are unable to meet their needs, they consider themselves victims instead of taking responsibility (and finding the right solution). And they put the blame on others: spouse / child / parents / co-workers / and ...

As a result, through blame-seeking, they are mentally muttering about their misery, and as a result of repeated murmuring and fault-finding, they affirm their thought.

But in reality, our condition, mood and behavior are not the result of external factors and others. It is the result of satisfying or not satisfying our needs.

THE FOURTH ASSUMPTION

The past has affected our present life, but it is not the determinant of our current

behavior. Our present is related to whether we are responsible and realistic, or we are victims and avoiding reality.

The will:

We are not victims of our past. We are not toys of the lower layers of the brain and hormones. We choose our behavior.

We have more control over our lives than we think. When you choose to be upset with your child, then you choose to shout and threaten. And as a result, things get worse, not better, while you could have made better choices.

Drug treatment is wrong:

When we are depressed, we believe we have no control over our suffering. We consider ourselves victims of disbalance of brain chemicals and take medicine to regain the chemical balance of our body. Nerve drugs may temporarily make us feel better, but they may not alleviate the depression we have chosen.

THE FIFTH ASSUMPTION

These are the four most important relationships in our lives. You will always find the cause of mental disorders in the incompatibility in these relationships:

1. Husband and wife
2. Parents and children
3. Teacher and student
4. Employer and employee

The system of Choice Theory tells us how to live freely 'in the ways I like' and at the same time 'to reach an understanding with the people I need'.

THE SIXTH ASSUMPTION

We need a relationship, but external control destroys the relationship.

Traditional psychology is based on external control (Parents and governments use it).

In traditional psychology, people are forced to do what they want by encouraging and punishing. If long-term relationships are based on pressure, force, and exter-

nal control, intimacy and sincerity may not be established, even if the relationship is no longer based on force.

If we could overcome each other's desire for control, our relationships would be stronger than they are now.

In childhood, parents control their children; in old age, children force their parents to do things that their parents do not want. Such as banning driving; either insisting on sending them to a nursing home or to live with one of the children.

Do not externally control your children through criticism, threats, offenses, complaining and nagging, punishments, bribes, otherwise they will stay away from you.

Example of Glasser and Tina therapy session

Tina: You know the story; I've talked to you about Kevin. We've spent over a year and a half with each other and enjoy each other's company both socially and sexually. After the last time you and I talked, I even went through our need strengths with him, and we are very compatible. We have traveled together, but we don't live together because I don't want to play at being married. After I give up my apartment, I don't want to chance being told that what we have isn't going to work. So how do we get beyond this point? I'm starting to wonder if we should even try. This constant worry about where we're going is having a bad effect on how I feel about myself. It's gotten to the point where I'm not even sure I love him anymore.

Glasser: Tina, if you didn't love him, I don't think we'd be having this talk. All I can tell you is what I've told you before: The only person you can control is yourself. OK, OK, I know I've said that a lot, but you can't make him love you or marry you. You can't make him do anything. If you try, it will make things worse.

Tina: So, I should just wait. Let him string me along. Doesn't what I want count?"

Glasser: Absolutely it counts. But as unhappy as you are now, it is nothing compared to how miserable you'll be if you push him into a marriage and it doesn't work out."

Tina: I know that. That's why I don't even want to risk moving in with him. So, *you* tell *me*, where am I?"

Glasser's thought:

- I do not answer this question.
- Instead, with a question, I shift Tina's focus to what she can control.

Glasser: Let's, let that question go for a while. I wonder if you could tell me what marriage means to you. What's your idea of marriage?

Tina: It's us living together; committed to each other; enjoying each other; and having a family, a home, a life together.

Glasser: I don't think anyone would disagree with that perfectly reasonable picture of marriage. Now this may seem to be a silly question, but it isn't. How is that picture different from being single, I mean being single right now, with what you have with Kevin?

Tina: How is it different? It's way different. I don't have him. I want him and I don't have him. He's kind, he's loving, he tells me he loves me, we have good sex together. But there's this thing. The way he behaves. It's like most of the time when we reach out to each other only the tips of our fingers touch. I'm never sure of him. I want to be married. I think I'd feel sure of him if we got married.

Glasser: Is he sure of you?

Tina: I think he's more sure of me than I am of him. He knows I want to marry him; he knows I don't have anyone else. It's different for a man; he can wait, he can wait for ten years, more maybe, but I can't. You're a reality therapist; his reality is different from mine. He can wait and still have a family. I know a man who is sixty and he is starting a family with a young woman.

Glasser: You're right, reality is not the same for any of us. His and yours are different. But you have to go with yours; you have no control over his. And your reality is that right now you're very unsure of him. If that doesn't change, the future won't make much difference.

Tina: But that's what I've been telling you. What are you trying to tell me?

Glasser: I'm trying to tell you that you shouldn't even think about marrying him

until you are convinced, he wants you for a wife, so you can say, 'He and I feel very sure of each other.' You can't predict the future, but if you can get that far, you have a chance for a future with him.

Tina: But that's what I've just told you. I don't see how this is helping me.

Glasser: No, it's not exactly what you've told me. You've told me that if he'd marry you, which right now he won't, you'd be more sure of him. Like marriage sort of guarantees the future. But nothing guarantees the future. Certainly marriage doesn't. You know a lot of divorced people; they had no guaranteed future. But Tina, listen, the way you are with Kevin, you don't even have a good present; you're not enjoying him very much right now. I think that's your problem—the present, not the future.

Tina: But I'm doing all I can. I love him, I go places with him, I told you I don't want to move in with him. What more can I do?

Glasser: I think you can stop talking about the future, stop implying there's even going to be a future. All this talk about the future is killing what you have now. Focus on getting along with him much better than you ever have, maybe better than it was in the beginning. You have no control over the future. He knows you want to marry him; you don't have to keep reminding him.

Tina: OK, I stop mentioning marriage and our future and we get along great. How long am I supposed to play this role?

Glasser: What role? Is it a role?

Tina: Of course, it's a role. I want to get married or get a commitment from him. I don't want us to be loving, 'forget-about-the-future' friends. That's not enough for me.

Glasser: Of course, it's a role. 'I want to get married or get a commitment from him. I don't want to be loving, 'forget-about-the-future' friends. That's not enough for me'. I know it's not enough, but right now it's where you are. And there is nothing you can do to change it. You can't make him do anything. Even if you could, I

don't think you'd want to force him into marriage if he doesn't want it. If you want a future with him, all you can do now is improve what you have. Get rid of all this future tension. To hang on, trying to make him do what he doesn't want to do makes no sense. Like I said, you can't predict the future even if you get married. All you have any control over is what you do right now. Life is like auditioning for a part in a play. All you can control is what you do. That's all you can do with Kevin. If you want the part, do the best you can. You keep trying to force him to think about the future, and you're both uncomfortable. A good present has a chance to lead to a good future. A lousy present has a very good chance to lead to a lousy future or no future.

Tina: But I feel so frustrated. I know what you're saying makes sense, but I want him to make a commitment now.

Glasser: Tina, you don't know what I'm saying makes sense. You're stuck in external control psychology, in wanting him to change. If you knew what I'm saying makes sense, you wouldn't be frustrated.

Glasser's thought:

- In Choice theory people don't get so frustrated.
- They focus on doing what's best now.
- They know that the only people they can control are themselves.
- Tina keeps thinking, 'What can I do that will change him?' She has given herself an impossible task. That's why she is frustrated.

Tina: Are you telling me that even though I'm in love with Kevin and he acts like he loves me; I can't do anything about what he does? He can just go his merry way and I have to put up with it?

Glasser: No, not at all. You can do a lot of things. You can choose to be depressed, show anger, rant, rave, threaten, see other guys, drop him, get sick, do the Ophelia thing and go crazy. I explained all this to you months ago when we were talking about how people mess up their lives. And if you choose any of these things, you'll mess up yours. Do you want to do that? Or do you want to take a good look at where he and you as a couple stand in your quality world right

now? You know about the quality world; here's a good chance to use what you know. What is your picture of you and Kevin?

Tina: I told you. I see us happily married. I see a home, a little family, the things I've wanted all my life.

Glasser: That's a wonderful picture, but it's a future picture. I'd like you to take another look. Where are you and Kevin right now, today, in your quality world? Try to forget marriage for a moment and tell me what's your present picture, the picture that tells you right now you love him.

Tina: I see us loving each other, having a good time, getting along well. Laughing, talking, sharing what we feel with each other. All the things we used to do.

Glasser: Used to do?

Tina: No, not used to do, I don't know why I said that. We still do; that hasn't changed.

Glasser: Good, those are great pictures. When are you going to see Kevin again?

Tina: We're planning to spend this weekend together.

Glasser: Are you looking forward to it? Honestly?

Tina: To be honest, yes and no. We get along great, but then there's always some tension. He says something or I say something.

Glasser: About the future?

Tina: Sort of. I guess it's what he doesn't say. And then I say something, you know. And then I get a little dissatisfied and I sulk a little and then he withdraws a little. It doesn't ruin the weekend, but I'd rather it didn't happen.

Glasser: It doesn't have to happen. You don't have to say what you say.

Tina: Of course, it doesn't have to happen. But how can I help it? I keep thinking, '*Here we are, but where are we?*' I get all bottled up and it happens. My God, I'm a human being, do you want me to stop feeling?

Glasser: I don't want you to do anything. I want you to be aware of what you're choosing to do.

Tina: I knew it; I knew you'd harp on that *choosing* crap. What about him?

Glasser: You know you can control only what you do. You said you love him.

Tina: I do love him, but we're not going anywhere.

Glasser: OK, say you're an actress in a play. You love a guy who says he loves you but he can't marry you. A while ago he promised to marry someone else, but he doesn't love her. And there are complications; the family business is tied up with her father's business. If he backs out now, her father will ruin his family's business. And ruin not only his future, but also his father's, his brother's, and a lot of other people's. Her father is a ruthless man. Your lover can see you secretly, but in six months he has to marry the one he doesn't love. He says, 'Let's keep seeing each other, I can't live without you. If things don't change, we'll kill ourselves.' The play has you killing yourselves with pills, but in the end as her father gets the news, the audience sees the stricken look on his face as the curtain falls. It's so tragic; the audience is in tears. They applaud. What do you think of that part?

Tina: I love it. I'd love to play it.

Glasser: You don't mind giving up the future for love in a play, so why do you mind it so much in real life?

Tina: Because it's stupid. I don't want to be dead; I wouldn't even want him to be dead. If he loved me, he'd kiss her good-bye and take a chance. He doesn't owe his family his happiness, his future.

Glasser: So, what would you do in real life if Kevin told you, 'I don't know if I'm ever going to be ready to marry you?'

Tina: I'd be miserable, I'd cry, I'd be devastated.

Glasser: But?

Tina: But I certainly wouldn't kill myself if that's what you're worried about.

Glasser: Is there anything to stop you from dropping him now, this weekend? To have a beautiful, totally loving weekend and then say good-bye when he drops you off at your apartment.

Tina: If I had a beautiful loving weekend, why would I say goodbye?

Glasser: Because you're scared that's all there's ever going to be. That's what you've been telling me since we started to talk.

Tina: But ... I don't know, it might still work out.

Glasser: That's right, that's exactly right. You can't predict the future. But if you had a beautiful, loving weekend or you had a tense weekend, which weekend would give you the best chance for a future together?

Tina: But what if after a great six months, I come to the conclusion there isn't going to be any future?

Glasser: Then tell him. Tell him the truth. Tell him, 'Things have been great, but now I want more.' It will be the truth. But here's the hard part. Make sure you are ready to drop him if he can't give you some kind of a commitment. He has no right to try to control your life any more than you have to try to control his. Six months you can deal with, especially if you know that's your limit. Let it go longer, and you'll make yourself into a basket case.

Tina: It's up to me, isn't it?

Glasser: It always is. That's choice theory—it's up to you. He knows how you feel; you've made that clear to him. If he loves you enough and you stop bugging him and try to get closer than you ever have, it may work out. The more you pout, the more you try to force him, the more he'll wonder, I'm not sure I want to marry a woman who tries to control me. Show him you are in control of yourself. He knows what you want. If he can't deal with it, he's not for you. If he's so weak you can force him into marriage, it's not going to work anyway. It might last long enough for you to have a child or two to raise on your own.

Tina: I know you're right. But I don't think I can do it.

Glasser: What can you do that's better? This is one of those times in your life when, as much as you want something, maybe you're not going to get it. But at least you'll know that you did the best thing. You didn't nag him or try to force him. You gave him time. I can't see that there is anything more you can do. Do you want to keep hanging on and nagging or waiting until he asks, knowing he may never ask? It's tough. Choice theory is tough. But you have a much better chance with it than just nagging and waiting. You'll hate yourself if you wait too long and nothing happens. If anything is going to happen, doing what I suggest has the best chance. There has to be a cap on this thing. And you have to put it on.

Glasser's thought:

- Our conversation helped Tina to see that she had some control.
- After this conversation, Tina stopped sending 'the promise-to-marry-me messages' to Kevin.
- They got along great for the next three months. Tina concentrated on having a good time with him, did not try to force him into anything.
- Tina let the future go, and the tension stopped.
- Kevin had a chance to see what life with her could be all about. After about three months, they had the following conversation:

Kevin: You haven't said a word about marriage. Have you changed your mind about it?

Tina: I've decided not to talk about marriage anymore. Is that all right with you?

Kevin: Aren't you interested in marriage anymore?

Tina: Kevin, I don't plan to talk about it. I certainly don't ever plan to ask you to marry me if that's what you're waiting for.

Kevin: What if I don't ask you?

Tina: Then I guess we'll never get married.

Kevin: It's great the way you've been, but I can't believe you're just going to keep being this way.

Tina: I'm not going to keep being any way. I'm enjoying the way we are now. I'll tell you when I don't want to see you anymore.

Kevin: When will that be?

Tina: I don't know, but as soon as I know I'll tell you.

Glasser's thought:

- This is how Tina began to learn to use choice theory in her life.
- Tina and Kevin are married to each other, and each pursues their own personal interests. Kevin is interested in sports and Tina is interested in theater.
- People who become frustrated with their relationship have two options:
 1. They are still looking for enjoyable relationships, even if they do not find it.
 2. They become disillusioned with pleasurable relationships, but they also pursue good fortunes and pursue unrelated pleasures. Such as (overeating, smoking, alcohol, drugs, unrelated sexual intercourse.)
- If the second group can be helped to enjoy communication, their addiction will be reduced.

Need for others:

We need others. We work together to stay alive. We prefer to have fun with others and to learn and to learn with others. This method is ideal for satisfying our basic needs. That is, striving for intimacy and sincerity and maintaining it.

Cinema / Mosque / Church / Temple / Restaurants / Educational centers / Night-clubs / Stadiums / Public entertainment venues are persistent for this reason, which requires us to contact someone. The need to be with others.

Error in identifying relationship needs:

Sometimes love and sex are used for sharing the power of others.

Consider a woman or a man who marries someone in power to satisfy the need for power in themselves through this marriage:

- Rich spouse
- Politician's spouse
- Scientist's spouse
- Artist's spouse

He or she satisfies the need for the power in himself or herself but will have difficulty satisfying the need for love and belonging.

The need for the freedom of spouses:

Marriage is far more stable when one spouse does not own the other. Husbands and wives need to have their own interests, hobbies and friends and the freedom to lead their lives.

Trying to deprive the spouse of independent opportunities destroys the marital relationship. (Because the need for freedom is not satisfied.)

Question:

Are you more inclined to receiving love?

Do you often ask your spouse, «Do you love me?»

Or do you express your love to your spouse?

- In the long term run, usually one-sided love is usually impossible.

Suppose we have been subject to external control in the past. There is no reason to consider ourselves victims of the past. Those who have had a hard time in the past are of three types:

1. They consider themselves victims of the past and remain so for the rest of their lives.
2. They consider themselves injured in the past and go to a counselor.
3. They come to terms with their difficult past and take control of the present.

Those who go to the counselor:

1. Either they are unlucky and they go to a counselor and undergo a method of treatment that makes them more immersed in being a victim of the past.

2. Or they have good luck. They go to a counselor and undergo a method of treatment that teaches them not to look themselves as a victim of the past. And they should be a person who has a choice.

THE SEVENTH ASSUMPTION

The need for power is specific to human beings, and its extreme intensity negatively affects the need for relationship and the need for freedom.

Need for power

Humans are the only ones who are genetically motivated from within to satisfy their need for power. We are the only ones who have learned that right is with me and you make mistakes and try to satisfy your need for power through external psychological control. And we try to force others to do what we want ourselves to do, and that same effort leads to our suffering and sadness.

In animals, there are needs:

- Need to survive
- Need for love and affection
- Need for fun or play
- Need for freedom

But animals rarely want to have power. Power is only human's specialty. Animals do not become aggressive unless they are in danger of starvation and death. But man, even without the need for survival, tends to be power hungry and violent.

- If people only needed the need for health and survival, the need for love and belonging, and the need for fun, they would not experience many of the problems of the present, such as war, violence, and separation. Most problems are formed first by the desire for power, and second by the desire for freedom. There can be no denying the importance and positive qualities of the need for power and freedom, and there can be no denying the harm of both needs to nature and human relations.
- The need for power, if it is high and the desire for love is low, harms love. It is difficult to maintain a friendship with a power seeker. They want things to be under their control and they insist on their words to be accepted.

The high need for power destroys love and overshadows other's freedom. No one wants to be in other's control.

Whenever there is tension in a shared life, the relationship between these needs is likely to be disrupted. In this case, it is necessary to negotiate with the spouses. Specifically, about the need for freedom in each.

Sometimes satisfying the desire for power is in the interests of others: Scientific discovery and public good.

Need for freedom

The need for freedom is another point of confrontation with power and external control. Whenever we lose our freedom, we also lose one of our human qualities, that is, constructive creativity.

We must be able to satisfy our own needs in a way that does not interfere with the freedom and satisfaction of the needs of others.

Everyone who has an extreme desire for freedom: their will is weak.

Examples:

He sleeps whenever he wants and he wakes up whenever he wants, he has no discipline.

Because of his desire for freedom, he prefers unemployment.

Prisons around the world are full of people who have a strong desire for individual freedom.

- You say: Do not swear.
- He says: My freedom will be gone.
- You say: Do not be violent.
- He says: I am fighting for freedom.
- You say: Go to work.
- He says: I am losing my freedom (the unemployed)

THE EIGHTH ASSUMPTION

Everyone has a quality world (which refers to personal Utopia¹):

- The people he loves are in his quality world.
- The things he loves are in his quality world.
- Ideas or beliefs that govern a large part of his behavior, are ever present.

How is a child's quality world formed?

Until the first few weeks, the baby knows only how he feels. He sleeps when he is feeling well. When he is hungry, the genes involved in survival become active and make him cry. Within two weeks, he learns that the response to his cry is satisfying his need and gives a pleasant feeling. Little by little he learns that someone who satisfies these needs is a mother. So, he places his mother in his quality world. The mother is the first person who enters into his quality world. Little by little, he realizes that the mother, despite her best efforts, is not able to solve his problems completely. For example, gastric emptying. Although the mother rubs the back of the child, the child must also make his own effort. So, the child puts himself in his quality world too.

As the child gets older, if parents on the path to education punished him too much, they will be thrown out of his quality world.

Children think 'how to trust others, when they are hurt by the same people who are in their quality world?'. They need to be taught that most people are not abusive or harmful, they need to be taught how to distinguish trustworthy people from non-trustworthy people.

For example, one's quality world is:

- a new house, that he bought.
- a degree, that he is getting.
- a wife who is married to him and he tries to preserve it.

1. Sir Thomas More (1477 - 1535) was the first person to write of a 'utopia', a word used to describe a perfect imaginary world. ... He coined the word 'utopia' from the Greek ou-topos meaning 'no place' or 'nowhere'. It was a pun - the almost identical Greek word eu-topos means 'a good place'.

- the dream job, that he got.

Politically, someone's utopia is:

- the Caliphate's rule².
- A monarchy and a return to the Pahlavi era³ in Iran.
- the maturity of the nation for democracy.

As we strive to satisfy our needs, we continually create and recreate our quality world.

Example:

If we seek too much power, we place politics in our quality world. If we lose the election, we may take politics out of our quality world.

We will keep these images in our quality world until there is a chance for them to be realized and we know that they are useful to us.

Example:

If we fall in love with someone, we place him or her in our quality world. If he or she marries and becomes disillusioned with him or her, we will expel him or her from our quality world. (Equivalent to constructive frustration in ACT Theory.)

Example:

If we need more sex in our quality world, we may leave our current spouse and look for another spouse (Divorce or adultery).

Many times, you fall in love without you expecting it. Whenever both sides feel lonely, and they find in the other person a favorite image of their quality world, they fall in love.

Sometimes, after a period of disagreement and separation from your spouse, you feel so lonely, if you met someone, that would be like your quality world's spouse,

2. The definition of caliphate is "government under a caliph." A caliph is a spiritual leader of Islam who claims succession from Muhammad. The word stems from the Arabic khalifa meaning "successor."

3. Iran was ruled by the Pahlavi dynasty, the last ruling house of Iran, from 1925 until 1979, when the Persian monarchy was overthrown and abolished as a result of the Iranian Revolution.

you fall in love with him or her at that time.

The love:

- Love is good in the beginning.
- The lover loves us as we are.
- Our lover, also loves the person that we want to be.
- Of course, there is sexual desire between us.
- We are happy to be with someone who does not judge us and does not want to change us. (The world gives us hope in the beginning of the love time.) He or she does not reject us.
- If you cannot share your quality world with him or her, your love with him or her will be weakened.
- Subconscious says: This one also was not what I wanted.

People who are happy with the relationship:

They put in their quality world only some people who they like.

A person who commits suicide has a quality world empty of desirable people, objects, and ideas. It is dangerous to leave the quality world empty.

Example:

A psychologist's words to a person who has attempted suicide or wants to commit suicide:

- Do not meet people, those you do not like. Instead of it, meet those you like. That is, in fact, meet the people who are in your quality world.

If a person who attempted suicide or wants to commit suicide, says: 'I do not love anyone'.

The psychologist says:

If the world were drowning and just only you had a lifeboat, who would you take in that boat? (With this question, the psychologist wants to bring some people out of the depths of his mind for his quality world.)

The psychologist says:

Keep things you like, even cigarettes, for now. (The psychologist thinks that even the wrong things is better than the emptiness of his quality world.)

People who are happy without the relationship:

There is no one in their quality world. But there is drugs / sex without love / ... and so on.

To treat this group, therapists and others helping them must enter their quality world. And replace the things in their quality world with more suitable people or things.

In order to be able to cope better with others, we must know very well what is in his quality world and we should strive to support it. Doing this brings us closer to him than any other activity. (Of course, knowing another's quality world is not a simple task.) People are afraid that if they explain their quality world, others will not agree with it.

Example:

A man likes to write a novel. But he is afraid to tell his wife. He is afraid that his wife will say, «What do you know about story writing?!» Because fear of reproach the man does not tell his wife. But at the same time, he is upset with her. However, if he had said, maybe he would have been supported by his wife. It is better to share our quality world with our relatives, and if we are afraid, we should to speak about our fear of being criticized by them about our quality world. (Assertive speaking)

- We can take everything out of our quality world, but we cannot take ourselves out of our quality world. Except when we decide to commit suicide. This is where we also take ourselves out of our quality world.

When we place someone in our quality world, it means that his presence makes us feel good and his absence makes us feel bad. The same is true of the things in our quality world.

Example:

For the person who has emigrated from Iran to the West, Iran is still in his quality world. But when he returns to Iran, there is democracy in his quality world, and

perhaps he will not feel happy in this situation.

Some use violence to create their quality world:

- Terrorists.
- Dictators.

Though the quality world of the people can be chosen, even if they have to, some continue to be hypocritical or feign piety and do not accept what has forcibly entered into their quality world.

THE NINTH ASSUMPTION

We are not depressed; we are choosing to be depressed.

Glasser: I teach depressed clients that they have chosen depression themselves. Because we do not get depressed, we are choosing to be depressed. As soon as we say, I'm choosing to depress or I am depressing, we are immediately aware it is a choice, and we have gained personal freedom. This is why designating these choices by verbs is so important.

I also do not believe in drugs. Because people choose to be sick. Instead of medicine, they have to change their choices.

Example:

A mental patient told Glasser: Give me medicine, I'm suffering.

Glasser: How good, that you suffer. Pay attention, the sufferings are teaching you a lesson. Learn the lessons, you will no longer suffer.

Glasser thought:

When I talk to a client who complains about his wife, I suggest to him:

- First, do not expect your spouse to change.
- Second, change the way you treat your spouse.
- Third, stop being depressed. You have better choices than depression.

Clients do not immediately accept that they have chosen depression by themselves, because when we are upset, we do not accept that we have chosen

sadness by ourselves.

Depression is one of the most powerful ways for humans to cope with anger and anxiety. When you are severely depressed, you feel most miserable. A feeling that affects your thoughts, actions, and even your body and reduces your activity. Depression takes a lot of energy from you and you get tired. Until there is no energy left for other tasks.

The positive side of depression:

If we did not know how to quickly depress ourselves to control our anger, homes, neighborhoods, and cities would become battlefields. Depression is a substitute for anger. But when depression is prolonged, we need external intervention.

Glasser's thought:

- Clients are not free to have all the freedom they may want in a present relationship, which leads them to the office of a psychologist.
- but they are free to forget the past and stop blaming others, which is taking up a lot of time that would be much better spent making more helpful choices now in their lives.
- To do so, I begin to teach the clients choice theory, which they can then use to make better choices and learn to handle many problems that might have lengthened the therapy.

Example of Glasser and Francesca therapy session

Glasser: I have your name and address, and that's all I need to get started. On the phone, you told me you've never been to a counselor and you were a little nervous. The best way to deal with that is for you to start right in and tell me the story. Don't worry that I'll judge you. I won't. Everyone who comes to me has a story. Please tell me yours.

Francesca: About six weeks ago, I died. You are looking at a dead woman. I thought about killing myself, but then I realized I didn't need to, I'm already dead.

Glasser's thought:

- Francesca is seriously depressed and is trying to impress me with how down she is.
- I usually try to inject a little humor when people start out so far down, but I don't think I'll try that now. She may take it the wrong way.
- Part of her choice to be depressed is a test. She's trying to see how I deal with it. Will I get nervous and show that I am upset or will I be strong enough to deal with her misery?
- Right from the start I have to communicate that I appreciate that she is suffering, but I am quite adequate to help her deal with her pain.

Glasser: Francesca, you drove fifty miles for a good reason. I'd like very much to hear your story.

Francesca: I don't know where to begin.

Glasser: Begin anywhere, it doesn't make any difference.

Francesca: I'm married and I have two teenage children, a girl and a boy. We live on a farm in Madison County. Up to six weeks ago I was OK, not happy but OK. I'm Italian, I guess you can hear my accent. I married Richard while he was in Italy with the army just after the second World War. I came here as soon as he could make arrangements. He's a good man, a very good father. We've lived on that farm all our married life. The farm does OK. We aren't close, but we get along. But then, God it sounds so banal, about six weeks ago I met Robert. He was in the neighborhood and drove up to the house for directions. He was looking for a bridge. He said he was a photographer and had an assignment to take pictures of some of the old covered bridges around where we live. I was there alone; Richard and the kids had gone to Illinois for the fair. They go to all the fairs with their animals. ... Look at me, I'm a farmwife. I was in an old cotton house-dress. I'm forty-five years old, look at my hands, look at my face. I looked a sight.

Glasser: I think you looked OK to Robert.

Glasser's thought:

- Francesca burst into tears and sobbed uncontrollably
- She was a good-looking woman. Even if she wasn't dressed up, a

photographer would see that in a minute.

- I could see that she had made an effort to look good for me. Whatever she may want to do with her life, her looks would be an advantage.
- I waited while she cried for a few minutes, and then I interrupted. She was suffering, but it would do no good for her to cry too long. Her tears would take up too much of her time. If crying would do any good, she wouldn't be here.
- What I'll do with her is what I usually do, try to go on with the counseling while she is crying. She came for help, and I owe it to her to get started. Once she starts talking, she'll be OK.

Glasser: Tell me more of the story; you can cry while you talk, you came here for help.

Francesca: I'm ashamed.

Glasser: Tell me about it.

Francesca: It's a short story. I fell in love with him. We had four days, and then he left. And now I'm dead.

Glasser: You sent him away?

Francesca: I couldn't go with him. I thought about it. I wanted to, but I couldn't just up and leave my husband. My kids. How could I? I don't see how anyone could do that.

Glasser's thought:

- Now we see the oldest conflict in the world, the conflict between loyalty and love. She is being torn apart by it. There is nothing I can do immediately to help her resolve it. Only time will resolve it.
- But I can help her take a good look at it and maybe help her choose to do something that has nothing to do with the current conflict, but at the same time will satisfy one of her needs.

Glasser: It was hard, but you made a choice to stay. And you made a choice to come here. I'll bet this wasn't an easy choice either.

Glasser's thought:

- In recognizing that she made a difficult choice to come here, I'm appreciating the fact that she is an independent person who is used to trying to solve her own problems, not to reaching out for help, but that her decision to come here may have been a good choice.

Francesca: You're right. I hung up that phone after I dialed you a half a dozen times before I let it ring. Some woman at the church had mentioned you about a year ago. For some reason your name stuck in my mind. But now that I'm here, I keep thinking, what for? What can you do? What's the sense of going through it all again? It happened, it's over, he's gone. I'm not here to ask you how to get him back.

Glasser's thought:

- The reason my name stuck in her mind is that she was unhappy long before Robert came into her life. I won't mention this to her now, but I'll keep it in mind.
- And as she began to talk, she stopped crying. That's good. She asked an important question, "What can you do?" I have to answer it.

Glasser: I'm here to try to help you deal with what brought you here. I have helped a lot of unhappy people and I should be able to help you. All you have to do is to talk with me, think about what we both say, and be honest. It may be difficult for you. If I get off base, tell me. This much I know. He's been gone for six weeks. You haven't been able to talk to anyone about what happened. You're in pain. You need to talk. As long as you keep talking, listening, and thinking, I can help you.

Glasser's thought:

- That was the truth. Robert is not in the past; he is very much in the present.
- If Francesca talks, listens, and thinks, I will help her. I think it's important to tell this to clients as soon as possible.

Francesca: But I feel so hopeless. I feel dead.

Glasser: Think about this: Suppose I could wave my magic wand and whatever you had with Robert would never have occurred. You'd be the same woman in the same marriage on the same farm as you were before he came to your door. Would you like me to wave the wand and make it all disappear?

Glasser's thought:

- As bad as she feels, I have to establish that there was some good in what happened. If she's "dead," at least she didn't die in vain.
- If she can tell me that she doesn't regret what happened and I don't put her down or criticize her for what she did, she will see that I am on her side.
- The only use I have for what I hope will soon be in the past is if there is something good in it.

Francesca: No, no, I'd never give up those four days. They were the best four days of my life. Please, don't even suggest taking them away.

Glasser: I was hoping you'd say they were good. These things happen, but there is usually some good in them. If there weren't, you wouldn't be so upset. Sometimes the woman who's left behind is so upset that she doesn't think what happened had any good in it. And sometimes there isn't, and she hates herself. I think the way you feel about what happened is better. You say you're dead, but when you think about him, you seem alive.

Francesca: If I didn't think about him, I'd really die. I think about him all the time. I keep seeing him, feeling him. That's why it hurts so much. That's why talking about him hurts so much. That's why I was so nervous about coming here. I knew I'd have to talk about him. But I also knew I desperately wanted to talk about him.

Glasser's thought:

- Here, you can clearly see the thinking component of the total behavior of depression. How could she have normal brain chemicals thinking and feeling as she does?

Glasser: Francesca, we weren't created to suffer alone. Talking about him with me will help.

Glasser's thought:

- She seems a little more relaxed after I say this. She's found out she can talk to me about him and feel safe, that I don't judge.
- Maybe I can lighten things up a little; it's worth a try. The heavier the going gets, the harder it will be for me to help her. If it can get a little lighter, she will be able to think more clearly. If it stays real heavy, she'll just be aware of her misery.

Glasser: It's like something from a storybook, isn't it? Like he turned you from a frog into a princess, and now you think you're going to have to go back to being a frog.

Francesca: But that's it exactly. I hated being a frog. I was a frog for so long I'd even stopped thinking I could ever be a princess. Robert came in for a drink of water and talked to me. When he did that, suddenly I was a princess. There's not much talk around our house. We're all frogs. We go *brrrp brrrp*. In my house it's *brrrp* the farm, *brrrp* the kids, *brrrp* the parents, the blue ribbons, the high school, the price of corn, the worn-out tractor. All day *brrrp brrrp*. Robert talked to me, he was interested in me, he made love to me over and over. I've never felt that kind of love; I didn't know it existed. And he had a life; he traveled with his camera. I went with him to the bridges. He asked me my opinion as he took the pictures. I loved being something more than a pair of working hands. I can't tell you how good it felt to be alive for four days. When he left, it hurt so much. I could go on and on, but what good would it do? He's gone and I'm dead.

Glasser's thought:

- If the session focuses mostly on pain, I may do her more harm than good.
- And she is talking. The *brrrp brrrp* showed a little spark of creativity, which is always encouraging.
- But I have to figure out a way to get her to where she can see some hope. I have to practice what I preach—try to show her she has some satisfying choices even in this painful situation. She can't change what she or Robert did, but she can control what she chooses to do now.

- I have to try to find something she wants now, something that she has control over, something that depends only on her and that no one can take away. This is the way to live through a conflict.
- Don't focus on the conflict. Focus on something possible that isn't part of the conflict. That will give her time and maybe some hope. It's about the only way a conflict can be successfully resolved. Things change, and in time most conflicts get diluted and forgotten. But right now I've got to get her to see that there's more to life than the conflict.

Glasser: Francesca, think for a moment, why did you choose to come to see me? You knew I couldn't undo what happened.

Glasser's thought:

- There was a long pause, but I had introduced the word choose in a positive sense. I intimated that she made a good choice when she finally let my phone ring.
- Now my job is to steer the conversation around so she sees that something good actually happens in this hour. I don't know what it can be, but I'll keep thinking and something will come to me. Or maybe to her.

Francesca: I came to see you because I had to tell someone. You know that, you just said I had to talk. There is no one in Madison County who could even begin to understand why I would do such a thing. I'm not sure you understand how bottled up I was. That house was on fire for four days. Then my husband came home, and it was cold as ice again. I've tried to put up a front, but I haven't been able to do it. I've been a zombie. He knows something's wrong; the children sense it. I can't go on like this. I didn't come here looking for a miracle. I'm not asking you for a happy ending. The way I feel right now I'll be satisfied if you'll get me back to being a frog.

Glasser: I agree you had to talk, but there is more to talk about than what happened with Robert. Suppose you had come a year ago, what would you have talked about then?

Francesca: I didn't come a year ago. Frogs don't go to therapists.

Glasser's thought:

- Frogs don't go to therapists. Good. Another spark. I think we can get off the misery track.

Glasser: You're wrong about that. A lot of frogs come to see me, but I can't help them. I don't think a counselor can do much for a frog. But what you just said, if you came to see me, it means you still want to be a princess. There's a place in the world for princesses, even miserable princesses. I've helped more than a few of them.

Francesca: There's no place in the world for me. The world left with Robert; the world is gone.

Glasser: The world is gone? I'm not so sure of that. If you go home and your daughter has been hit by a car and is in the hospital asking for you or your son is there telling you his girlfriend is pregnant, are you going to sigh and tell them the world is gone? Francesca, the world is very much here. What may be gone is your marriage. You had a visit from a messenger. Was that the message?

Francesca: What are you telling me, that I should leave my husband?

Glasser: I'm telling you that we have to take a look at your marriage. You looked at it hard for four days with Robert; you took a good look at it as soon as he walked in the door. You came here to talk about your marriage and we had better get started.

Glasser's thought:

- If I can persuade her to take a look at her marriage, I think we can make progress. She can't do anything about Robert, but she can do something about her marriage.
- If she is to stay married to Richard, that marriage has to change. She knows it. Change doesn't have to be the end of the marriage. That will be up to her and up to him, too, if she can send him the message that the marriage, as it is, isn't working.

Francesca: The children need their father.

Glasser's thought:

- Good. She's accepted my invitation to talk about her relationship with her husband. That's something over which she has some control. There is little sense wasting time talking about things over which she has no control.
- I've got to deal with her as if I may never see her again. Time is precious; we've got to make some progress.

Glasser: All kids need their mothers and their fathers. But they don't need them together if they are miserable with each other. You thought about that. It crossed your mind that they may all be better off if you dropped out of their lives, if you went off with Robert.

Francesca: I did, but I knew it was a fantasy. I told you I could never go off with him. I couldn't leave my husband, my kids; I couldn't. I told you.

Glasser: I didn't say you could. All I'm saying is you thought about it. Your mind opened for a moment to that possibility. But Robert's gone. Have all the possibilities in your life gone with him? You've had six weeks and you know how you feel. Do you really believe you can just go back to the way you were?

Francesca: What else can I do? What reason do I have to leave? It wasn't his fault that Robert came in the door.

Glasser: Let's not talk about the reason to leave. Let's talk about the reason to stay. What do you have with Richard?

Francesca: I have a family. I have my children.

Glasser: And right now, the way you are, what do they have with you?

Francesca: Not very much, a zombie, a dead woman.

Glasser: Excuse me, for a moment I forgot you were dead. I was beginning to hope you were thinking about looking for a new life. Francesca, this is what I do. When people come here and tell me that their old life isn't working, I help them to figure out a new one. If your old life was working, you wouldn't have gone to

bed with Robert. He wasn't some traveling seducer. He did what he did because he could see your life wasn't working. You had it written all over your face. He couldn't miss it when he walked in the door. But it wasn't only Robert you fell in love with; it was also the idea of a new life. Robert is gone. Are you prepared to give up the idea of a new life, too?

Francesca: You're being cruel.

Glasser: Why do you say that?

Francesca: Dangling a new life in front of me. The way I feel right now I'm better prepared to be dead than to even think about a new life. You're talking as if I can just chuck all this pain like you chuck an ear of corn. I can barely get through the day; I can't even think of what to make for dinner. A new life is as remote to me right now as the far side of the moon.

Glasser's thought:

- You can see the power of depression. It's so immobilizing. What she is struggling with as I talk about a new life is the third reason to be depressed. It's easier to continue to be depressed than even to think of a different life, much less a new life.
- She's preparing herself to spend the rest of her life in depression, and if I don't help her, she may.
- Part of the reason she came here is to reassure herself that counseling can't help her. I'm now saying it can, and she calls it cruel. That's the way depression works; the misery destroys hope. To say nothing, when I know she may choose to be depressed for the rest of her life, would be more cruel. If I can do something about it, I'm going to.
- By calling me cruel, she's trying to scare me off, but I don't scare off easily. She's finding out how persistent I am, and I think she likes it.

Glasser: If you're dead, you don't have to get through the day. Dead is the perfect excuse for doing nothing. Robert brought you back to life. If he was here, he'd tell you, *I'm gone, Francesca, but please stay alive.* I know he would.

Francesca: But look what happened, look at me. I looked in the mirror this morn-

ing and I saw my dead face. If this is what being alive for a few days ends up doing, I don't want any more of it. I know what you're getting at. It's not so bad; take another chance. What else can you say? I don't blame you, you have to say something. You offer a new life, but to me it's just words. Go ahead, tell me what you mean. What would a new life for me be like?

Glasser's thought:

- I've taken her to the point where she's asked the real question.
- She's beginning to doubt the depression she's choosing. She wants specifics, something tangible. She's calling my hand. Is it all talk or can I offer her something?
- And she wants to be offered something. She's interested, she's much less depressed right now.

Glasser: OK, I can tell you this. It would be a life in which you were in control of some of it. For you, that would be a new life. When you married Richard and came here from Italy, you gave up what little control you had. He's been in control. From his standpoint, he's done all the *right* things, but have they been right for you? He just took it for granted that you wanted what he wanted, and it's not really his fault. When did you ever tell him anything different? You made the same mistake with Robert: He came here, he loved you and you loved him, and he left. I doubt if anyone had ever loved him like you did. But he was in control. He knew as soon as you went to bed with him that you were giving him your heart, and he took it. And he left with it. After you made love, did he ever say, 'My God, Francesca, you really love me; tell me what do you want. I don't know if I can give you what you want, but please tell me; maybe I can do something.'

Francesca: No one has ever asked me what I want. No one, ever. My God, why are you telling me this? I feel awful. How can you do this to me. How?

Glasser's thought:

- She burst into tears again. She cried much harder than before. I didn't say anything. But I was ready to tell her something as soon as she stopped. After about five minutes, she slowed down and then stopped.

Glasser: Now you're making sense. You're crying for something you can do something about. You can't do anything about Robert or Richard—what they did or what you did with them. But you can do something about your life right now.

Francesca: What can I do? What do you mean? I don't understand.

Glasser: I mean like coming here to see me. You did it; you didn't ask anyone else, you didn't depend on anyone else. And you haven't hurt anyone else. No one in the whole world is going to get hurt because of what we talk about. This is all for you.

Francesca: But what if I decide I want a divorce? Won't Richard get hurt?

Glasser's thought:

- Now we are at a critical point. Right now, a million men and women are at this same point—if I leave, won't I hurt my husband or my wife? Of course, Francesca's husband will be hurt.
- But there is another question that must be answered: Doesn't Francesca also have some responsibility about how she feels and what she does in this situation? Is Richard all right and Francesca all wrong? The answer is that neither is all right and neither is all wrong. That will always be the answer to that question until we evolve into a race of perfect people.
- Francesca's problem is not whether she will hurt Richard or Richard has hurt her. The answer to that question, if it is to be answered, is what Francesca can do now that may help her and may also have the potential of helping the marriage.
- She chose to stay behind; she was too loyal to leave. But does loyalty also mean accepting a life she can no longer live—the life that led her to Robert?
- She changed her life when she fell in love with Robert. Now, if she chooses to, she can figure out how to have a better life with Richard. It can't be the same as it was. And in figuring out how to have a better life with Richard, she has to have some help from him. Not just his

help for a better life for her, but his help for a better marriage, which would mean a better life for him, too.

- This is the direction in which I want to try to take the counseling—the direction that all marital counseling should take. I may not succeed, but it is clear that without some good counseling, she may never get any further than being depressed herself.

Glasser: We're not talking about doing anything right now that will hurt anyone. We're trying to figure out how you can help yourself. If you can do that, maybe you can help Richard, too.

Francesca: What do you mean help myself? You're talking about me leaving the farm. I do a lot on that farm. He'd lose all I do for him. He'd be devastated.

Glasser: He'd lose what he gets from you. He'd lose the work you've given him for over twenty years. And you're right, he'd be upset. But I'm not talking about the work, I'm talking about him losing you. If you are as miserable as you are now and don't say anything, that's not being fair to you or fair to him. Tell him the truth. Tell him you are unhappy. Not unhappy with him, that would be cruel. Unhappy with the life you lead on that farm. Would you be willing to tell him that?

Francesca: He wouldn't understand. He'd say, 'What are you talking about? You've never complained before. I don't understand.'

Glasser: So, tell him. He's not here, so tell me. What would you say to him about your life on that farm? It's safe; you can say anything you want to me.

Francesca: I'd tell him I can't stand the loneliness, the drudgery, the same thing day after day. The constant worry about the weather, the bugs, the bank. I want to talk to people who don't farm and who don't care about farming. I want soft hands again and pretty clothes once in a while. I don't want to watch every god-damned cent I spend. Look at this pink dress. I bought it for Robert, but I bought it for myself, too.

Glasser's thought:

- Francesca sat forward in her chair and looked at me. She was tuned

in; things were much different from when she walked in. She had just described a new life. I've got to say something that will get her to think about a little action and something that might get her mind off Robert.

Glasser: Do you want to go back to Italy?

Glasser's thought:

- She must still have relatives in Italy. She must keep in contact with someone. That's what family is for when you need someone, when you need comfort. That question can't hurt her, and it hasn't. It hit her hard, but she liked it.
- She's taking a long time. She's thinking, but this is good thinking; it's forward thinking away from Robert.

Francesca: I've stopped thinking about that. I brought it up a few times, but he always says we can't afford it. The farm seems to eat up everything. I've stopped asking.

Glasser: But you haven't stopped thinking about it, about taking your kids and going for a visit.

Glasser's thought:

- Now I can see that something new has opened up. I'll follow up on it, maybe use it as a way to get her off the farm. We both know she has to get off the farm.

Francesca: He'd still say we can't afford it.

Glasser: Tell him you'll earn half the money and that the kids can do what you do; they are both big and strong.

Francesca: But how would I earn the money?

Glasser: I don't know, get a job; there are plenty of jobs in Des Moines. It's not that far. You'd probably enjoy the ride. Go to an employment agency, tell them you're used to hard work. I think it'll take you no time to get a job. Sales, maybe, but a job where you'll meet people and wear pretty clothes. You're here, go out

today and look around. And don't get stuck. If the job you are offered isn't right, look for another one. Don't settle for what you don't want. I'd like you to see me again next week. Will you come?

Francesca: I'll come. I'd like to think about this. I feel better.

Glasser: Next week at the same time is good for me. Call me during the week and tell me what's going on. Call me a little after noon. I usually pick up the phone then. I don't want you ever to think you can't talk to me. Bug me a little; you need the practice. You won't call too much; I'm not worried about that.

Glasser's thought:

Let me review this session with Francesca:

First: Present, not the past:

- I did not take her back through her unhappy life with Richard or the lost fantasy of a life with Robert. There was no point in going through her childhood, why she left Italy or her relationship with her mother and father. But there is a point in seeing her family now when she may need them. My counseling technique works in the present.
- I don't believe it does any good to revisit the past in the hope of finding something there that corresponds to the present problem. I disagree with the usual psychiatric thinking that you can learn from past misery. When you focus on the past, all you are doing is revisiting the misery. One trip through the misery is more than enough for most people. The more you stay in the past, the more you avoid facing the present unhappy relationships that are always the problem.
- But if I do go into the past, I look for a time when she was in effective control of her life. We can learn from past successes, not from past misery.

Second: Talking about those who are present in the lives of the client now:

- Richard is worth talking about; he's still there. Robert is not worth talking about; he's gone. If he resurfaces or if she decides to go after him, then he will be worth talking about.
- There is no sense talking about people who are not involved in her life

and in what she chooses to do with it. It has not yet crossed her mind that Richard could be different from the way he's been for years, so I've worked with her on the ways she can be different. Richard has surely noticed her choice to be a zombie and he may be concerned, or at least curious.

Third: Choice is better than medication and depression:

- It is the counselor's job to teach them better choices. By the time Francesca left my office, she was thinking about a much better choice than to sit at home depressed. All her strength was being consumed by the depression. She doesn't need drugs; she should not be taught that she is mentally ill and dependent on a counselor. She needs to learn what she can do to help herself and begin to do it.

Fourth: Advising on choices:

- Ten sessions spread out over the next six months should get her well on her way. We'll decide how often she should see me, and we'll spread the sessions out so I can help her deal with problems that may arise at work or with men she may meet.
- After a few more sessions, I will start to teach her some choice theory- that no one can make her miserable; only she can do that to herself.

Fifth: Change others by teaching Choice Theory:

- When she changes, Richard may begin to get depressed to try to get her to stay on the farm again.
- She can explain the choice theory that she has learned in therapy to him. She can treat him well but tell him that she is not responsible for his or for anyone else's misery.
- She can ask him to see me or come in with him. There is a good chance that choice theory will make sense to him, and then they can both use it.

Sixth: Good relationship with the client:

- All people who come for counseling have at least one unsatisfying relationship, it is incumbent upon counselors to form good relationships with all clients, to let the clients know that they care for them and that if the clients are willing to talk, listen, and think about all that goes on, the counselors will be able to help them.

- All clients are lonely when they come in and have to have a friend and ally in their counselors. As the counseling proceeds, the counselors teach them, as I began to teach Francesca, that they are responsible for their own lives and that others may change, but they can't depend on it.

Seventh: Everyone needs some good relationships for mental health. Although some need less than others:

- It is also crucial to teach clients that life is not fair, that in the real world some people give more to relationships than do others. Due to genetic reasons, some need more relationships and some less.
- If counseling is successful, the client will have worked to improve old relationships or create better new ones. To be happy, we all need a few good, close relationships. Our genes demand that we work on them all our lives.

Warning:

When someone suddenly comes out of depression, they may have found a way to end the problem through committing suicide. Psychotherapists have always listened to this sudden improvement in people who have been depressed for a long time. When they see a sudden recovery, they worry that the client may be thinking of suicide now. A person who has been abandoned by his or her spouse may consider suicide if he or she does not decide to become depressed or *find another spouse*.

Help me:

Depression is a way of asking for help; if we ask for help from others without suffering, others will consider us unworthy and we will not want it. Much like begging for love from us in a way that does not crush our pride.

Sometimes depression is about avoiding something we do not like to do or are afraid to do. (Secondary benefit of mental illness in ACT Theory)

Ellis's word: We have been fired: (This is a fact) We generalize, that no one wants us to work anymore.

- If you are depressed, do something that is difficult to do now but has been easy before. For example, an hour's walk with a friend who

does not feel sorry for you or pity you. You will see that you are no longer depressed and that you will feel better. But as soon as the walk is over, you tend to return to depression, and return to unpleasant thoughts.

There are two ways to get out of depression:

- Change your desires.
- Change your behavior.

What can a person do if his wife leaves him?

- Act violently.
- Go into depression himself. (Depression is better than violence and other optional behaviors.)
- Forgetting this woman and choosing another woman.

Drugs issue:

A person who chooses depression has low levels of serotonin in his brain.

People who take Prozac have elevated serotonin levels. But taking Prozac only leads to addiction, it does not replace healthy relationships.

Main question:

Do you want to be healthy from a healthy relationship or from medicines? Medicines bring enjoyment, but they do not bring happiness.

When we encounter a failure in our relationship, or lose control of our life, we become depressed for three reasons:

1. Depression prevents severe anger and does not allow things to get worse.
2. Depression is a form of asking for help.
3. It causes us to avoid the things we are afraid to fail at.

Many people who do not have effective control over their lives, or who for various reasons refuse to give up their unhappy relationships, choose to remain depressed all their lives. Of course, these types of people usually develop other illnesses on their own and will no longer need to continue to be depressed by contracting the illness.

Psychosomatic problems

Many physicians believe that many physical illnesses have a psychological underlying cause, which they call psychosomatic illnesses. The word psycho (meaning way of thinking) plays an important role in the activities of the body.

So, we can easily say that when we do not have effective control over our lives, (such as when we are not satisfied), our bodies ache severely. We may not be completely sick, but when we are emotionally upset, our bodies do not work normally.

Psychosomatic problems that have no physical cause are usually related to a relationship problem. This problem does not necessarily have to be love. Sometimes we need more care. Or we want them to have lower expectations of us. But whatever it is, it is quite clear that an important relationship in our lives is not what it should be. In such cases, if you are looking for a dissatisfied and unhappy relationship in your life, you are on the right track.

My experience with psychosomatic patients shows that these individuals have very unsuccessful interpersonal relationships. They also often have very unpleasant marriages that they want to maintain at any cost. They do not even dare to make themselves angry or depressed, because if they do, they may lose the rights and ability to perform their part in the marital relationship.

Whenever we fail in life, it is almost impossible for our bodies to stand aside and say to our thoughts, behaviors, and feelings: Guys, please use your creativity and take action.

We should not accept it when our body or the creative system of our brain or mental illness or psychosomatic problems suggests to us. Hundreds of thousands of people who are now behaving in healthy life have experienced periods of insane behavior.

Millions of people who have chosen and stopped doing depression, fear, obsessive-compulsive disorder, anxiety, and suffering on a physical basis have given up and stopped doing these things. And some of them rejected these creative suggestions of the brain without anyone's help.

If a person believes that insanity is not effective in a particular situation, he puts it aside.

Example:

The patient, who had driven himself mad, cursed in vain and spat, saying that the monkey was walking on his back. Until he got really sick one day, he took two minutes off from his being mad and asked for help from Glasser. And when he recovered from his real illness, he resumed his madness.

People who commit suicide are using the last creative offer of their brain. If they choose to go for counselling and consultation, they may be reluctant to accept the offer of their brain.

Drugs for mental disorders disable the creative system without solving the problem. They have unpleasant relationships that can be cured if they are managed effectively.

Example of Glasser and Todd therapy session

Glasser: Todd, what I need is the story. Tell me, what's on your mind?

Todd: I'm depressed. I feel terrible. I'm so upset I haven't been able to go to work for a week.

Glasser: Are you blaming anyone for how you feel?

Glasser's thought:

- At first I look for the relationship that's gone awry.
- Then I look to see if he does the usual external control thing and blames someone else

Todd: It's my wife. She left me. About a week ago I came home from work. She's usually there, but she wasn't then. I didn't think about it too much, sometimes she has things to do. But an hour went by and she didn't call, and then I noticed it.

Glasser: Noticed what?

Todd: A note from her, held by a magnet to the fridge, two words, *So Long*. And she was gone. I went to the bedroom; her stuff was all cleaned out. All her clothes, everything. I was devastated. I mean, I love her. How could she do that to me?

Glasser: I can't tell you how; only *she* knows that. But I wonder why? That's a big move. She must have been really upset about something. What do you think it was?

Todd: It's hard to say. It's really hard to say.

Glasser's thought:

- When a client says, "It's hard to say," he usually knows what's really going on but doesn't want to talk about it.
- He may have to admit that he had more to do with what happened than is comfortable.
- I just break through that reluctance by acting as if it wasn't there.

Glasser: Well, say it anyway. This is the place to say hard-to-say things.

Todd: Well, I don't really think I am, but she had been saying I was too domineering—that I called all the shots. But the funny thing was I thought she liked it. She's a lot younger, ten years, twenty-three years old. I know more than she does. I thought she liked it when I kind of always took over.

Glasser: Do you want her back?

Todd: My God, of course, I want her back. Can you help me get her back?

Glasser's thought:

- I didn't answer that question. Maybe we need to talk more to try to find out whether her coming back is the best thing for him or even for her. By not answering, I don't say I can or can't.
- But my next question, asking what he has been doing, implies that maybe he could do something better than he has until now. In my experience, that's how most clients interpret it.

Glasser: What have you been doing since she left?

Todd: Nothing really. I've been so upset. I've just been sitting home. Some of the guys from the office were worried about me. They came to see me, and one of them gave me your number. I just can't seem to get myself going. I've heard

about depression, but I never realized what it was. I'm kind of paralyzed.

Glasser's thought:

- I don't respond to that remark because I can't offer him anything that would directly help him feel better.
- While I listen to him telling me how he feels, I don't talk much about feelings. He's here and he's talking, that's doing something.
- I focus on what he's been choosing to do. I've got to get him thinking about choice and choosing, and this is a good place to start.

Glasser: Since she left, I gather that you've chosen to sit home and not go to work, is that right?

Todd: Doctor, you don't understand. I haven't chosen to sit home.

Glasser: You're right, I don't understand. How can you say you haven't chosen to sit home? Has anyone been making you sit home?

Todd: But I've been upset, too upset to go to work. I haven't chosen anything. I've been upset since I read that note.

Glasser: You chose to come to see me today.

Todd: But I need help; that's why I came here.

Glasser: Have you tried to contact her? Have you heard from her?

Todd: I've been hoping she'd call. I thought about trying to find her, but then I thought we might get into a fight and that would make things worse. For a little while I was real angry, and then, when it sank in that she was gone, I got real sad. Doctor, I love her and I don't know what to do. I don't want to be domineering; it's just the way I am. My dad's like that, but it doesn't seem to bother my mother. Maybe I learned it from him.

Glasser: Does it matter whom you learned it from?

Todd: I thought psychiatrists were interested in stuff like that.

Glasser: I'm not interested in your parents. You're grown up. I'm interested in what you're going to choose to do now. I'm interested in what you want. And I'm interested in helping you choose some way to get it if I can. We have to deal with the fact that she left. Do you think she's gone for good?

Todd: That's just it. I've been racking my brain. I don't know. If she was thinking of coming back, I think she might have left some of her stuff. It's all gone, clean. It all happened so suddenly; I just don't know what to do.

Glasser: Suppose you could talk to her right now. What would you tell her?

Todd: I'd tell her I'm so sorry. I'd tell her I didn't know what I was doing. I took her so much for granted. I was such a blind asshole. I thought she loved the way I stuck my nose into everything. It was my criticism. I'd never admit she could do anything right. Always some little thing was wrong. She called me Mr. Perfect, not in a mean way or anything like that, and I kind of thought it was a compliment. We never fought. We made love. About a week before she left, she said that things weren't working out the way she wanted. She asked if I felt that way. I said that the only thing that bothered me was that she didn't seem real happy. I told her she should try to be happier. She said she had been trying, but it didn't seem she could do it. She asked me if I thought there was anything I could do. I said that I'd always done everything I could do. I didn't see how I could do any more. She said she'd guessed I'd say that. After that she seemed a little happier, and I thought things were better. That was why I was so surprised when she left.

Glasser: You still think you couldn't have done anything differently?

Todd: Oh no, no. Now I see I could have done a lot of things differently. But how do I tell her that? She's gone. I've waited for her to call, but she hasn't.

Glasser: Don't you want to tell her that you miss her, that you love her, that you're willing to change?

Todd: Of course, but how? Even if I knew where she was, I'm afraid I'd screw things up worse. I'm not the kind of guy who can admit that it was my fault. The first thing I'd do is blame her. I'm depressed but I'm still a little angry. She shouldn't have left like she did.

Glasser: Can I make a suggestion? It's worked for some people I've seen.

Todd: My God, yes, what?

Glasser: Write her a letter. Tell her how much you love her and miss her. And tell her you'll change. I don't want to tell you what to write. It has to be you, not me. It has to come from your heart or don't bother. But you might tell her you're seeing me for help and ask her if she'd come in and see me together with you. This way she wouldn't have to be alone with you, and she might be willing to do this much.

Todd: I could do that. It's a good idea.

Glasser: This way there's no pressure; she can read it and think. She won't have you hanging on the phone; that would be too much pressure. Write the letter and bring it in to me. We'll look it over together before you send it. Is that OK?

Todd: That's good, real good. I like that idea. I'll be glad to bring it in. That's good.

Glasser: Tell me, how do you feel now, I mean right now?

Todd: I feel better, a lot better.

Glasser: Why do you feel better?

Todd: Because I've got something to do. I don't feel as helpless. It may work; it just might.

Glasser's thought:

- Todd went home and must have really worked on the letter. It was a masterpiece. If he was still in his wife's quality world, it might work. I thought he had a chance, but her cleaning all her stuff out like that didn't look good.
- His wife read the letter and called him. She wouldn't talk much, and he didn't pressure her, which was smart. She said she'd come to see me with him, and he made the appointment. When she came, she didn't say much. He made a long emotional pitch for her to try it again. She listened carefully but then she shook her head, no, and said, "Look,..."

Wife: Look, we'd been married four years, I owed you this much. You're not a bad guy; you're just not for me. If you didn't know what I was upset about, that really tells me something about you. I'm only twenty-three; I can't take a chance with you. You sound great now, but it's only because I put pressure on you. It's a game for you, and you hate to lose. It's not a game for me. It's over. I don't want anything that's not my fair share. No alimony, nothing—just my part of what we saved while we were married. I can make it OK by myself.

Glasser's thought:

- She thanked me and left. Todd was quiet for a long time and then said:

Todd: I can't live without her.

Glasser: That's a pretty dramatic statement. Are you planning on killing yourself?

Glasser's thought:

- If I had any worry that he was going to commit suicide, I wouldn't have said it, but he was not the kind of person who was suicidal. He had too much going for him in other parts of his life. What I said seemed to defuse the tension.

Todd: No, I'm not going to kill myself, but I'm going to feel awful for a long time; I really loved her.

Glasser: Take as long as you want. Unhappy people are how I make my living.

Todd: You don't take all this very seriously do you?

Glasser: Not very, because I know the rest of the story, and it's OK.

Todd: What do you mean you know the rest of the story?

Glasser: I mean that in a short time you are going to find someone else. And if you treat her like you promised your wife you were going to treat her a few minutes ago, you'll be very happy. That's how it's going to end.

Glasser's thought:

- And that's how it ended. It took a few months for him to get his wife

out of his quality world. He was already out of hers.

- He did find someone and even brought her in to see me. By that time, I was so much in his quality world that he wanted me to meet her and approve of her.
- No one can predict how well a marriage is going to go, so there was no reason for me to do anything but be supportive. He had told the new woman all about me. He had told her the truth about his failed marriage, that he was too domineering. This woman was his age and seemed quite realistic about him.

THE TENTH ASSUMPTION

Our body is like a machine that has four wheels and moves with the front wheels. The front wheels are of thought and behavior. The back wheels are the feeling and the body, which follow the forward wheels.

General behavior means:

- Thought
- Feeling
- Behavior
- Body

which are activated together.

No one can directly choose to feel good. But it can be indirect. You only have control over your own thoughts and behavior. But emotion and body follow.

Example:

Someone says: I don't feel like exercising, my body doesn't want to.

Glasser's answer: Just act, feeling will come. That is, do exercise first, then the feeling of wanting to exercise will come.

A person who does not feel like getting out of bed in the early morning will be happy later with what he has done, when he gets out of bed and leaves the house. Because the feeling arrives with a delay, after action.

THE ELEVENTH ASSUMPTION

In marriage, there are three parties:

- Man
- Woman
- The Marriage

When you have a disagreement, enter 'the Solving Circle' and state what you owe to maintain the marriage, not about what you expect to get from other side.

Needs for power and risk of disagreement in spouses:

If the need for power is high in both couples, the marriage is in danger, and if the need for power is low in both, the desire for negotiation is greater and the marriage is less in risk. Even if one needs power and the other does not, the problem will be less.

Persian proverb: Ten dervishes can sleep on one rug, but two kings cannot be accommodated in a whole kingdom.

When both parties want power, they push each other out of 'the Solving circle'. Therefore, the extent of the need for the power of each must be determined before marriage. And if the need for power in both is high, advise them to give up this marriage.

The need for freedom and the risk of separation in marriage:

People who desperately need freedom often have long-term problems with intimacy, but their biggest problem is in life together and marriage. These people, like those in power, do not fight for power, but leave their spouse.

As long as the one who has the least need for freedom does not restrict the other's freedom, there will be no problem in the marriage.

Marriage of two people who desperately need freedom is a contradiction. Because they do not want to be in one circle with anyone.

Need to have fun and strengthen marriage:

The intense need for fun is great for any kind of relationship, especially a marital relationship.

Age, gender, lack of money, almost never can be a barrier to entertainment. With a little effort, one can laugh always and everywhere. Neither of them will be upset if both need to have fun. The need to have fun, no matter how small, does not pose a problem, of course, if other cases are correct.

The best marriage is one in which:

- Need for love and a sense of belonging in both is high
- Need for fun in both is high
- Need for survival in both is medium
- Need for power in both is low
- Need for freedom in both is low

Any deviation from this rare pattern needs to be negotiated. And the more differences there are, the more negotiation is need.

Unsuccessful marriage has been the most common cause of human misery.

Do not confuse love and affection with sexual attraction. Pay attention to the feeling of belonging. Do not marry someone with whom you would not be friends if you did not have sex.

How to assess needs:

1. Assessment of intensity of need for Power: (low, medium, high)

- Do you always insist others to act according to your opinions?
- Do you want to have the last word?
- Do you want to own others?

2. Assessment of the need for freedom: (low, medium, high)

- Is it hard for you to follow the rules?
- Can't you adapt to others?
- Can't you stay in a place with a group for a long time?

3. Assessment of the need for fun: (low, medium, high)

- Do you enjoy learning, eating, walking, playing?
- Do you laugh a lot in life?
- Do you allow co-workers to interact with laughter and jokes while working?

Another measurement:

- If you and your future spouse share the content of your quality world with each other. If your quality world is full of people with whom you get along well, your need for love and a sense of belonging are high. If there are only a few people in it, you have less need for love and belonging.
- If your sexual relationship is good, be careful that it does not affect your evaluation. And if your sexual relationship is not good, know that it will not get much better later. But if it was good at first and then degraded, it actually degraded the marital relationship.
- If you are under the common illusion of people in love and you think that with your sincere love, he will change, you have very little chance of helping yourself. This illusion ultimately means external control.

If you are not married, do not marry these two groups:

1. Antisocial personality:

- They do not pay attention to the needs of others.
- The need for their survival is medium.
- The need for love and belonging in them is close to zero.
- Their need for freedom is very high.
- The need for power in them is very high. (And in this way, they do not shy away from stealing and cheating.)

They look like interesting people at the beginning of their acquaintance. Because he is active and attractive. And always take the lead in doing things. And skilled in deceiving others. They seem to have a sense of humor and kindness. But if a woman relies on them, they run away from her or they beat her. Usually such a person does not have friends. But it shows that his friends live in distant places, or are going to visit him. But in reality, they have no friends.

You can never count on him. If you were familiar with him early on, he would take you to an expensive restaurant, but then he would say 'I have forgotten my credit card'.

2. Workless personality:

In contrast to his antisocial person, he slowly reveals his nature. He hurts you with

things he does not do. He is not an alcoholic, he is not addicted, but he always needs the help of others. He has a low life expectancy, so he can rarely satisfy his need for power. The need for freedom in him is a little higher than average. He, of course, asks more questions. He maintains communication, provided that the continuation of the relationship does not require hard work. He does not perform his duties. He is a child who never grows up. He desperately needs fun in the sense of his child. These are always students. They do not complete the lessons. If you marry him, he will be a good companion until you ask him for something. Even if they get an important job due to family influence, they will not do effective work. They usually get married and have children. They do not respond to psychotherapy.

When you are not familiar with the choice theory and you are in conflict, instead of disagreeing, you take control of the outside world. You are trying to change your spouse and your love is weakening.

Do you know where a couple's honeymoon ends? When both parties try to change their spouse. We have to accept that we are the only person we can control.

Marriage cannot guarantee the future. If it was guaranteed, divorce would not have happened.

Anger, commotion, intimidation, going after other men or women, getting depressed, going crazy follows, not saving the part of your love.

In the 'Solving circle':

- You and I do not change each other.
- You and I do not want anything from each other.
- You and I see what we can do for this relationship to make this marriage more lasting.
- I do not think that what I say has an effect on you, and what you say has an effect on me. Let's think about what we should do and what effect it would have on our marriage. Because in this 'Solving circle', 'you' and 'I' are present and we are sitting in this circle to help a third (the marriage).

The Solving Circle:

People are divorced in two ways:

- Quarrel (resistance)
- Avoiding (staying away)

So, every time they talk to each other, they have to ask what is the use of these words? Do we get closer or move further away with these words?

This does not mean that couples do not have a dispute after this, it does mean that they have a tool to resolve the dispute. They know that if they choose something for their common life, it is not necessarily the same thing they would have chosen if they were single.

When we are single we have more choices. When we get married, we both have different choices. But we should not think that from now on we will act like twins glued together. Both parties try not to deprive the other of their independent personal life, despite the common choices for marriage. For example, one likes to exercise, the other likes to spend time watching movies and theater, and no one is afraid of upsetting the other.

In a life based on external control, two parties try to spend creativity through criticism and blame. But in a life based on the choice theory, both parties use their creativity to innovate in life when their lives become monotonous because of their freedom.

Sex is new in the beginning and does not require creativity, but in order to make it attractive and attractive in the long run, creativity must be used. Otherwise, both parties exclude sexual intercourse from their quality world. And when it comes to sexual gratification, many of them imagine having sex with someone else. While with a little creativity, each of them can satisfy each other. When sex declines, we should look at it as a warning.

Choice Theory should not be imposed on the other side. The compulsion of another, even following sound thinking, is external control. The more we force someone to do something, the more resistance we instill in them. External control brings internal resistance.

Marriage counseling questions in Choice Theory:

1. Did you really come to help keep the marriage going, or have you already decided to divorce? (If anyone came to help only themselves and not to help the marriage, counseling cannot be given).
2. What do you think is the meaning of life together? (If they believe that the other person is to blame and they are allowed to talk without supervision and control, the consultation process will suffer).
3. What is one positive thing about your marriage now? (Grounding for questions 5 and 6).
4. Whose behavior can you control? Yours or your spouses? (Creating doubt in external control).
5. Think about what you can do this week to help your marriage last. (Encouragement to take a practical step in favor of marriage).
6. What are you going to do next week to help improve your marriage? (You want both parties to take a step forward into the future). Marriage is not the result of 'I' and 'you'. It is the sum of 'I', 'you', and the 'marriage'. Ask yourselves, what have I done to improve and continue the marriage? But not, what did you do for me?

Marriage counseling is effective as long as both people are in the quality world. It is assumed that they insisted on external control rather than agreement. (But if they are out of each other's quality world, nothing can be done for them).

If a marriage requires long-term counseling, the chances of survival are slim. I draw two circles around each other with chalk:

1. As long as you are in this circle, you think about marriage and its improvement, not about yourself.
2. Draw this circle when marriage is in danger and do something to save your marriage

Rules of this circle:

1. 'It should' and 'definitely' are forbidden.
2. Circumstances that are forbidden to the other are clearly defined.

Conflict resolution is a powerful tool that a couple can use whenever they want.

Glasser's counseling method

1. There is no need for a long investigation. Everyone who seeks counseling has at least one unpleasant relationship in their life.

All relationships in life are not fair and just. In the real world, some people invest more in their relationships with others and some less. The client must learn to improve his old relationships or to create new ones for himself. We need some good and intimate relationship for happiness.

Definition of stress:

Stress is often associated with an unfavorable relationship in a person's life. Relationships that, despite the problems, still exist in our desirable world. Like parents, children, close friends, and spouses that we have not yet expelled from our desired world.

Example:

A mother who expects her seventeen-year-old daughter to help clean the house and wash the dishes. The girl helped at first, but the mother was not satisfied with the way she helped. And now when the mother returns from work, she claims to have a headache. If she did not have a headache, she would be depressed. If she was not depressed, she would be violent.

Mother: Unwashed dishes is a sign that she is selfish and does not think of me. Once I slapped her in the face. She slapped me back. Later we were sorry and we cried and hugged each other.

Glasser: That slapping bit, it sounds like you don't want to do it again, do you?

Mother: No, it was frightening, I was out of control. I guess I do need help. Can you help me?

Glasser: If nothing you do when you get home seems to work, I'd like to make a suggestion. Stop doing it, just stop.

Mother: What do you mean just stop? She's the problem, not me.

Glasser: She's not the problem, and you're not the problem. The problem is your relationship. You also had problems with your bank customers, but why did you not insist on changing them? And why do you insist on changing your daughter? Because you think you still have power over her. When you have no power, it makes no difference whether you are right or not. From today, when you return to home, think your daughter is not your daughter, she is a stranger. (Sit next to her, without complaining, without blaming).

Do this for three days. Next time, get up and tell her, 'I'm going to get dinner.' Don't ask her to help. Do the dishes and then start dinner.

Mother: But that's not fair.

Glasser: If life was fair, there'd be no need for counselors. Do not ask for anything for three days and do not nag and be normal. After three days, tell her to get up and wash the dishes so I can cook dinner.

Child education by punishing and external control causes distance between parents and children.

The ways we unfortunately choose in unhealthy relationships:

1. Agreement.
2. If there is no agreement, depression.
3. If not, psychosomatic illness.

There is lots of love and affection in parents-children relationships

Mother: Go to your room, when you calm down, come, we will talk to each other. Just your being calm is enough for me. You can cry right now or a little later. Which one do you prefer?

And the child understands that crying and requesting is also a choice, and if she wants to, she can choose not to cry.

- Tell the children that you love them no matter how they behave.
- Always let the door to be open for conversation with your children.

- Tell your child that you do not want to be far away from each other.
- If he asked you a wrong request, such as changing universities, to be with her boyfriend, your answer should be very straightforward: I'm worried about your decision and I do not support you. At the same time, my relationship with you is more important to me than anything else, so let's find a good solution.
- Do not repeat your suggestions to the children and do not complain. He understood it the first time.
- Do not help children too much. Let them do their jobs. Let him not be afraid of error and mistake. Let him bother from childhood and soften his hands and fingernails with problems.
- Do not help children too much. Let him do his job. Let him not be afraid of error and mistake. Let him bother with problems from childhood and learns solving it.
- Grow in him self-confidence. Tell to him: nothing will lead him to be rejected.
- Not rejecting and not supporting the decision of those we do not agree with are two different things. When children grow up and lose confidence in you, they keep their parents inactive in their quality world. Dialogue is needed to restore their trust.
- When you come across a child who does not trust you, accept your mistakes quickly. Parents who admit their mistakes are more trustworthy than parents who are always right.
- Teach children from the age of three to take responsibility for their choices.
- In Choice Theory, punishment is wrong and causes the distance between parents and children. If he is late at the dinner table, give him a cold dinner or he will have to reheat his food, but do not leave him hungry.
- Tell your child I want you to make mistakes and learn from the mistakes. But if you want, I can also help you to make better choices.
- Tell him that whenever his choices do not hurt anyone, you give him the right to choose.

- If the child does not go to school, kindly tell him or her that going to school is not an option. If he or she cries, give him or her a hug and take him or her to school. Kiss him or her at school and say goodbye to him or her. Tell him or her he or she can cry all day at school if he or she wants to. As a result, he or she will not cry much.
- Leave the small problems of your children to them and do not deprive them of the experience, which is the greatest teacher in the world.
- Do not promise your child that you will not do it. He loses confidence in you. If you promise to buy something, buy what he likes, not what you like.

2. The problem is always in the present and now, there is no need to look at the past. If a person cannot trust others because he or she has been abused as a child, it is impossible for him or her to have a satisfying relationship in the present.

I tell the clients: the past is over and you cannot change what you or someone else has done in the past. Now what you can do is make the present time more efficient with my help.

It is only when we look back that it relates to a time when the clients had effective control over their lives. We can learn from past successes, not past misfortunes.

I realize that the past was horrible, but it was over. Why are you reviewing the past? Do you want to experience them again inside?

The past can never interfere with the present, unless we choose to.

The word 'choosing' must be learned effectively and diligently. We can always make better choices, despite the bad things that have happened in our lives. If some people have abused us in the past, they will not ask around to abuse us again. They are only present in our minds.

Borderline personality disorder disrupts communication because they have lost trust in others. They have experienced abandonment (and, as Ellis puts it), generalized it. They say: If some people have left me in the past, then they will all leave me forever. So it's better to do it myself.

If someone had misbehaved with the client until the age of three, he will not remember it, and if it happened after that, and he does not harass him, he will remind his counselor. Unfortunately, the so-called recalls are false memories of misbehavior that has never happened before. These memories are created by the client's creative brain system to please the therapist or to avoid confronting his or her current life problem. They get really upset when their memories are misrepresented. These types of memories are no different from delusions.

We must not rely on any unproven memories. Even memories that come to mind when hypnotized or on medication may not have happened. These strange habits themselves instill in the individual that something must have happened.

In our opinion, there are enough real problems here and now. And we have to look for them. Not following memories that are not known to have happened or not. We only go to the past when a person has had good control over his life in the past and the review is rehabilitative and usually correct.

3. In traditional psychology, a lot of time is spent inquiring and listening to clients' complaints about the signs and symptoms of the disease, and the actions of others. The more clients are persuaded to do so, the more important these complaints become and the more difficult it is to address the main problem.

The Choice Theory says: We are the only person we can control. I urge the clients to change themselves first.

The person who seeks counseling is willing to do something for himself or herself and change, not the person who is being blamed for the need for counseling.

I will not talk about people who no longer exist, good or bad. We should talk about those who exist now.

Some come to the psychologist to control their spouse through choosing suffering and torment. Our job as counselors is to teach them better choices.

4. Avoid following the senses, and pay attention to what clients can do in practice.
5. Avoid choosing depression or illness

When the client goes out, he should think of a better choice instead of going back to being depressed. He needs to learn what he can do to help himself.

No one can make you feel miserable, but only you can do it with yourself. We get depressed to control others. Because:

- We are afraid of violence.
- Or we are incapable of violence.
- Or we do not believe in violence.
- But at the same time we believe in control through depression.

People who are dying of a life-threatening illness create a new way of recovering from the illness, and some cannot be described by medical science. Creativity also contributes to the improvement of mental health problems. (Self-healing).

- When we bring sorrow to our hearts, the security system thinks that the enemy has entered our body and attacks a part of the body as the enemy. But when we discredit that grief, and entertain ourselves with joy, the security system thinks the enemy is gone. As a result, if psychosomatic illnesses are caused by feelings of anger, sadness, and anxiety, they can be cured with peace, joy, and pleasant relationships. We are a combination of thought, behavior, feeling, and body, and these are interconnected. When we think badly, we also put our senses and body in a bad state. Example of asthma and its treatment through psychotherapy.
6. Unlike Rogers's method: Never focus on conflict. Emphasize the possibility of not being part of the conflict. Over time, many conflicts fade.
 7. We should not focus on things that the clients do not control, we should encourage them to do what they can.

Summary of ten principles of Choice Theory

1. The only person whose behavior we can control is ourselves. (Think about how much of your life you have spent changing others. And how much of your life you have spent just resisting others who want to change you.)
2. All we can do is get information from others and give it to others. How we deal with this information is our own choice or that of others.
3. All long-term psychological problems arise from relationship problems. Relationship problems to some extent, other problems such as pain, fatigue, weakness, and some diseases are commonly referred to as chronic diseases of the immune system.
 - a. We humans are genetically inherited from social beings, and most of our psychological problems stem from our inability to cope well with the important people in our lives.
4. That troubled relationship has always been a part of our current lives. This relationship is not a past or future relationship, but always a present one. We can never achieve absolute freedom in a relationship. The desire of the other person should always be taken into consideration, so in a relationship like a marital relationship, the way the relationship changes over time, you will not be free. 'The Solving Circle' is a great tool for two people who have learned the theory of choice and can use it to redefine their freedoms.
5. The painful events are over, if they have had a profound effect on what we have today, but to review and revisit this painful past, I need to do what I have to do today. But remembering the memories of past successes can be effective in finding today's solutions. If past memories are painful, the creative system of our mind comes into play and erases those memories.
 - a. We are not doomed to repeat our past. When we believe that we do not understand the past well, we cannot take care of our current affairs, in fact we have chosen to be a prisoner of things that are gone.

6. We are driven by five genetic needs. The need to survive, the need for love and attachment, the need for freedom, the need for fun, the need for power.
 - a. These needs must be met. They can be delayed, but their existence cannot be denied. We only know when these needs are met. Trying to satisfy the needs of others means engaging oneself in an impossible task.
7. Of all the things in the world, we only place the things in our quality world, that are most important to us.
8. From birth to death, everything we encounter results in our behavior. All our behaviors are composed of four interconnected components (behavior, thought, feeling and body).
9. All the general behaviors are our choice. Example: Instead of saying: I'm depressed. You must say: I'm choosing to be depressed.
10. We have direct control over behavior and thought, and indirectly over emotion and body. If we put our thoughts into action, (for example, when we think it is better to exercise and we do it), our senses and body will follow us, even though we may not feel like exercising at first, or we may think our body is not ready to exercise.

Mohsen Makhmalbaf

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Sources of this book:

- “Choice Theory” by William Glasser
- William Glasser’s workshops