

The Ten Axioms of Choice Theory

1. The only person whose behavior I can control is my own.

Basic Needs

2. I am driven by five genetic needs: Survival, Love and Belonging, Power, Freedom, and Fun.

Quality World

3. I can satisfy these needs only by satisfying a picture or pictures in my quality world. Of all I know, what I choose to put into my quality world is the most important.

Total Behavior

4. All I can do from birth to death is behave. All behavior is total behavior and is made up of four inseparable components: Acting, Thinking, Feeling, and Physiology.

5. All total behavior is designated by verbs. For example: "I am choosing to depress" or "I am depressing", instead of "I am suffering from depression" or "I am depressed".

6. All total behavior is chosen, but I have direct control over only my acting (doing) component and my thinking component. I can, however, control my feelings and physiology indirectly through how I choose to act and think.

Relationships

7. All I can give or get from other people is information. How I deal with that information is my choice.

8. All long-lasting psychological problems are relationship problems.

9. The problem relationship is always part of our present lives.

10. What happened in the past that was painful has a great deal to do with what I am today. Revisiting this painful past can contribute little or nothing to what I need to do now: improve an important, present relationship.