

*Take Charge
of
Your Life*





Our aim

“To provide a learning program that can empower people with knowledge and skills to create a mentally healthier life for themselves”

This course offers an introduction to the internal control psychology “Choice Theory” developed by psychiatrist William Glasser

Take Charge of Your Life program

Session 1 : Shift your Mental Model

Session 2 : Discover Your Basic Needs, Wants and Beliefs

Session 3 : Create Positive Relationship Habits

Session 4 : Learn the Power of Perception

Session 5 : Understand more about Behaviour

Session 6 : Take Charge of Your Life



Take Charge of Your Life

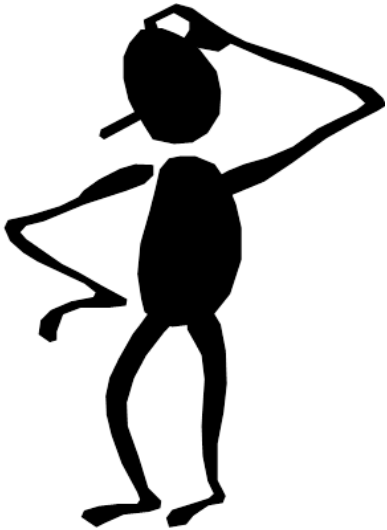
Session 1



Focusing on things that we can control –
‘shifting our mental model’

*“How much anguish do we create trying
to change things that we have no control over?
What do we have control over?”*

“Who am I?” : Six Questions



- * Who am I ?
- * What's important to me?
- * What will I do for you?
- * What won't I do for you?
- * What will I ask of you?
- * What won't I ask of you?



Introductions

1. Choose a card that appeals to you, one that you could use to share one thing about yourself with the group.



2. Introduce yourself and tell us what attracted you to that card.





Why Learn Choice Theory?

Refer to page 5 of Participant Manual



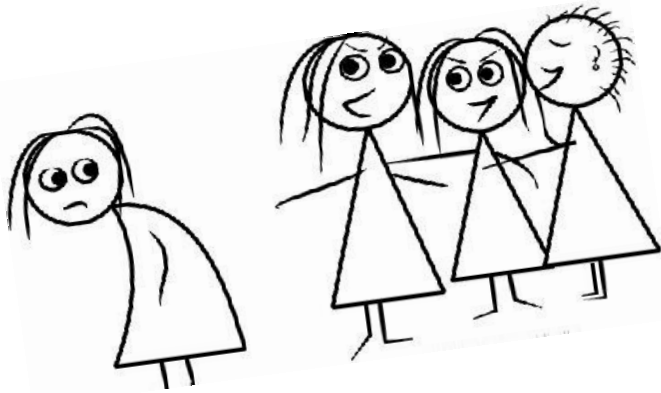
WILLIAM GLASSER
INTERNATIONAL



Please answer the question at the top of
page 6 - individually.

Activity: External Control beliefs

1. Pair up and discuss the 3 questions on external control on P6 of your manual.
2. For each question, circle your answer and your partner's too.



**In some situations
we can quickly feel
out of control
BUT...**



Can **things** actually control us?

- Why do you stop at a red light?
- Why do you answer your mobile?





Can **people** actually control us?

- Can someone make you **do** something without your consent or choice?
Teachers? Parents? Friends? Coaches?
- Can someone make you **think** something?
Are your **thoughts** inside or outside of you?
- Can someone make you **feel** something?
Are your **feelings** inside or outside of you?



Can the **world around us** control us?



What are some of the everyday things that happen in the world around you that “upset” you or throw you “off balance” ?



THINGS

PEOPLE

THE WORLD

But do they actually control us?



Who is in control of us?

- How do we know when we are **in balance**?
- What does it feel like to be **off balance**?
- Do we have a **choice** of how to respond?
- Does the outside world or other people **control us**? Does anyone?



The outside world and other people are really just information that may or may not be relevant to you – may be an influence ... or not



Rubber Band Experiment

- Find a new partner you haven't worked with today
- On a piece of A4 paper draw one largish dot
- Each partner take a rubber band and loop your rubber bands
- Hold the other end of your rubber band firmly
- Negotiate who will be “**the outside world with total freedom**” to do anything they want with the rubber band
- The other person is the “**control system**”



Rubber Band Experiment

Activity

- Trial 1: The “**control system**” has the job of keeping the **knot over the dot**. Try this for a minute or so
- Trial 2: Now **each person chooses a dot** but does not share where it is. They can both be the “**control system**”
- Trial 3: Agree on a **single dot** and both attempt to control for the **knot over the dot**





Activity: What can I control?

(Refers to Page 7 in Participant Manual
but we will use a handout sheet)

What can I control?



- “ The only behaviour we can control is our own.”
- “ Nothing we do is caused by what happens outside us.”
- “ It is hard, if not impossible, to love someone who wants to control and change you or someone you want to control and change.”

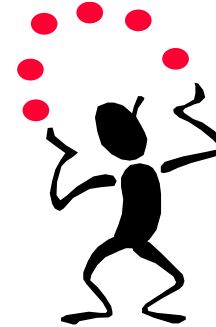
Dr William Glasser

External Control/ Psychology



1. External signals motivate my behavior.
2. I can control what others do/think/feel/their body.
3. I know what is good for others.
4. I have a moral obligation to change others, even if I have to force them.

Choice Theory Psychology



1. My wants and needs motivate my behavior.
2. I can only control my doing/thinking/feeling/body.
3. Every person has their own best way of living their life.
4. I can help others find more effective choices only if they want the help.

Language, Control, & Responsibility



External/

Made me feel/think/do

It scared me/surprised me...

I had to shout him

Made me see/understand

I had to do it

I failed the test



Internal/

I felt/thought/did...

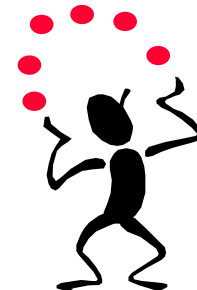
I got scared/surprised

I shouted him...

I saw/understood...

I did it...

I didn't demonstrate
my learning



*Incorrect
Imprecise
Unrealistic*



So... What's this got to do with our mental health?

- What **benefits** can you see in thinking this way?
(ie from an *internal control* point of view)
- What might be **difficult** about this way of thinking?
- What things in **your** life are the **external** factors that you are feeling controlled by at this time? How does this impact on your mental wellbeing?
- How could you respond to these factors differently?
- So what would you like to “Take Charge of” in **Your Life**?

- In every situation, we can make a **choice to focus on what we can control – our own behaviour**
- This choice can bring us back closer to being **in balance**
- In balance we **feel calmer and happier**, and **think more clearly**

We are looking after our mental health



Session 1



- Something I now realize...
- A situation where I want to try these ideas is ...

