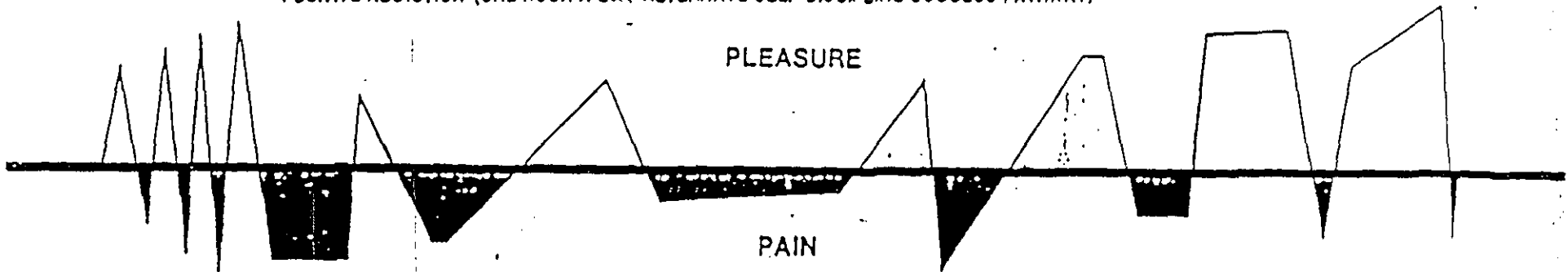
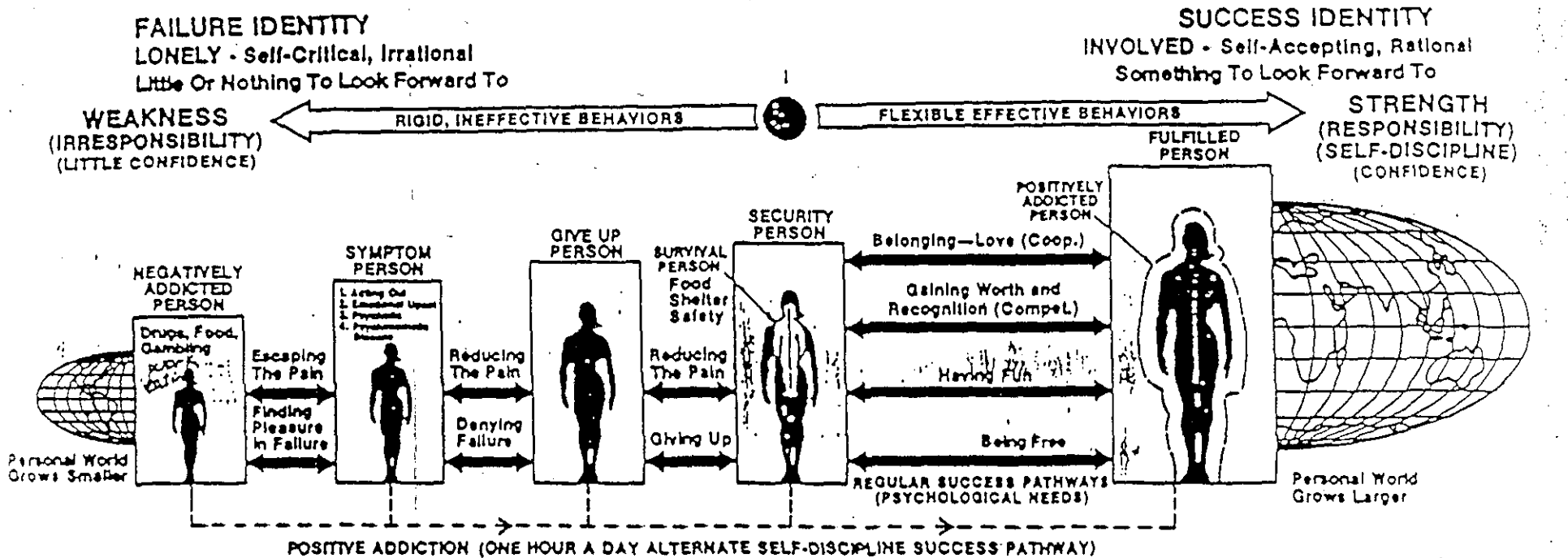


THE BASIC CONCEPTS OF REALITY THERAPY



8 STEPS OF REALITY THERAPY

- 1) Make Friends And Ask What Do You Want?
 - 2) ASK: What Are You Doing Now?
 - 3) Ask: Is It Helping? Or Is It Against The Rules?
 - 4) Make A Plan To Do Better.
 - 5) Get A Commitment.
 - 6) Don't Accept Excuses.
 - 7) Don't Punish But Don't Interfere With Reasonable Consequences. Don't Criticize!
 - 8) Never Give Up.
- The Responsibility Steps

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