

REALITY THERAPY & GROWTH

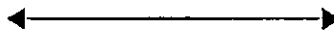
BEHAVIORS:

Ineffective
Irresponsible
Negative

BEHAVIORS:

Effective
Responsible
Positive

HUMAN NEEDS



1. Belonging
2. Power, Competence, Achievement, Self-worth, Status, Recognition, Importance
3. Fun
4. Freedom, Independence, Autonomy
5. Physical, Survival

POSITIVE ADDICTION

1. Running
2. Walking
3. Meditation
4. Swimming

"Pre-P.A." Activities

1. Music
2. Sports
3. Reading, etc.

POSITIVE SYMPTOMS

1. Doing; Contributing
Assertive
Altruistic
2. Feeling; Confidence, Patience, etc.
3. Thinking; Rational, Positive
4. Healthful Activities; Diet, Hygiene, Exercise

DO IT

I'll do it
I want to change
I want to improve

GIVE UP

I give up

NEGATIVE SYMPTOMS

1. Doing
2. Feeling; Depressing, Angering, etc.
3. Thinking; Crazy or Negative
4. Physiologicing

NEGATIVE ADDICTIONS

- Drugs
- Alcohol
- Food
- Gambling
- Work?*
- Sex??**

* cf. Workaholics, Marilyn Machlowitz.

There are several kinds of workaholics.
Not all should be in this category.

** Some writers describe some kinds of deviant sexual behavior as an addiction.

Adapted by Robert E. Wubbolding, EdD
from Basic Concepts of Reality Therapy.