

6. IF THE PLAN DOESN'T WORK, REVISE. Never ask why it didn't work; asking "why" is a "set-up" for feedback that will enforce a negative identity. Counselor refuses to listen to excuses.
7. DO NOT PUNISH PEOPLE. However, don't stand in the way of the natural consequences. The counselor's role is to be supportive, and willing to help the client work through the natural consequences by revising plan.  
Punishment is easy --  
Discipline is difficult, and requires a "learning experience."  
(Focus is on achieving discipline).
8. DON'T GIVE UP ON THE CLIENT. Maintain "involvement", even after termination -- (in other words, "keep in touch").  
Counselor to client: "The purpose of your being here is not to feel better, but to get yourself well, so that you don't have to come here anymore."

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#### ABOUT REALITY THERAPY:

It's a teaching therapy. . .

It's a lifestyle: how so?

- A. Role Model -- authenticity.
- B. Standards of Behavior -- Rules, boundaries; living the principles: no double standards. When rules are broken, we all suffer the natural consequences.
- C. Communication and Discipline balance each other; the strongest tool in communication is courtesy.
- D. Important to have humor -- laugh at yourself.
- E. We must find the BALANCE with kinds of love, caring, and involvement. Glasser stresses that we have 5 NEEDS: BELONGING, LOVE, POWER & RECOGNITION (disguises itself in the form of competition: we must learn to step over people, not on them; power can jeopardize all our needs faster than any other need); HAVING FUN, and BEING FREE (freedom).
- F. Freedom: CHOOSING to be something, or to do something.  
We do have a choice.
- G. Values: produce self-discipline. This includes behaving responsibly: meeting your needs without interfering with the needs of others.
- H. Angering, sicking, crazying, crying: "nothing is wrong with a little bit of miserable behaviors, but there is a point where we must 'get on with it.'" (Glasser). Don't be controlled by it (ulcerative behavior). We do it because
  1. It gets us what we want.  
(Why do we not just say 'help me')? BECAUSE. . . .