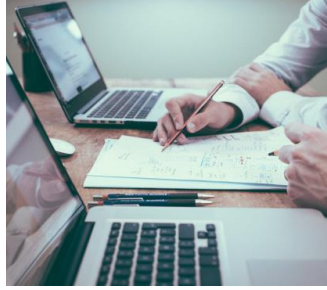


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GLASSER INSTITUTE FOR CHOICE THEORY

Monthly Newsletter from the Student Leadership Committee



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STAY TUNED

by Lauren Joyce

As we begin to close 2020, a year that has been full of tribulation for most, let's take some time to reflect. This year you may have overcome challenges and obstacles that were unexpected while continuing to push forward and conquer your goals. As you look back over these unprecedented events, I hope you look within and can recognize the added strengths that you gained this year. This year has taught us resiliency, and how to become more flexible and understanding of others. These skills we've developed are strong components of our foundation, which will be strengthened as we start to prepare for the year ahead. Stay tuned for 2021, the fruits of your labor will continue to flourish!



WHAT'S IN YOUR QUALITY WORLD?

by Shannon Norman

Every day your reality, or Perceived World, is constantly stimulated by your environment. Our five senses work like cogs in a clock to generate countless sensations for your perceptual system, or Total Knowledge Filter, to process. There, your mind filters what is substantial enough to give more attention. That knowledge is funneled down to the Valuing Filter, where you decide what is positive, negative, or neutral. This mechanism puts your perception of the world in a regularly changing rhythm.

So, why does any of that matter?

Do you daydream? Do you have a special place you like to escape to? Or maybe a group of friends who bring out the best in you? In your Quality World, there are various people, places, and things that meet at least one of your basic needs (Survival, Love & Belonging, Power, Fun, and Freedom). They also cater to values and beliefs that are unambiguous to you. Everything in this world is what you want, perfect despite any plights that may come with conflicting visions. What mental pictures would be stored in your Quality World? Which one of your basic needs do you feel would have the most representation?

How do these two worlds correlate?

With these differing realms, there are times when they are at odds. Then, you arrive at your Comparing Place: where you contrast what you have versus what you want. If you are in a place where your Perceived World and Quality World are out of balance, irritation tends to come through and influence your behavior. You are always working towards something resembling your Quality World. Uncovering fresh approaches to keeping your scales balanced will help hone the ability to adjust your behavior and keep away what puts you back in that frustrated place. To maintain harmony between your worlds, prepare to make those behavioral adjustments when something significant and brand-new comes along.

So, what's in your Quality World?

And what can you change to get closer to it?

