



A message from the President

GIFCT-US Mission: to lead the application and growth of Choice Theory to create a world in which people make responsible, respectful choices, and build healthy, fulfilling relationships by applying the concepts of Choice Theory



Happy New Year!

I'm starting off the new year with a feeling of hope for what 2023 will bring. That hope comes from what I know is possible if the concepts of Choice Theory were truly practiced all over the world. This change starts with one person, one family, one school, one church, one business... Will you be part of that transformation process?

Below, I have linked to a blog post written by our Executive Director, Brian Patterson, entitled "A Perfect World." When describing what Choice Theory can do for each one of us, Brian states: "The obvious result of what we teach will be people who have their freedom, accept total responsibility for their own actions, and don't fall for the latest thing to manipulate and control others."

As we have seen over the past few years how far-reaching and damaging external control can be, it is up to each one of us to stand up for what we believe. We claim our freedom by taking responsibility for our actions. Remember, no one can "make" us do anything without our permission! It may feel uncomfortable to resist the pressure to conform, but the rewards far outweigh that initial feeling of discomfort.

So, get involved with us so that, together, we can model the world of Choice Theory. If you are a member, please join us at the Annual Meeting on Thursday, January 19 @ 5:00 PM Eastern time. You will be receiving an email next week with the link to attend.

If you're ready to meet/reconnect with other like-minded Choice Theory practitioners, come to our conference the first week of July in St. Louis, MO. We will be celebrating the work of Dr. Glasser on the 10th anniversary of his passing and creating a bright future for GIFCT-US. You will be receiving more information about this event in the next several weeks.

So now, here's Brian's "A Perfect World":

There are two quotes from Counseling with Choice Theory by Dr. William Glasser, that I have been ruminating about. They are:

"None of us can wish the past away. All any of us can control is our own present behavior. We all want a perfect world populated by perfect people like us, but that world has never existed." (Counseling with Choice Theory, p. 32)

"It is the constant trying to force the other to be different or to punish each other for real or perceived wrongs that causes almost all the problems." (Counseling with Choice Theory, p. 48)

It seems to me that we are always being pushed to acquiesce or cry, "Uncle!" to the external control world around us. It is usually couched in attractive terms but the attempt to control others is always underlying. As proponents of Choice Theory and Reality Therapy, I think we must carefully guard against these attempts. Our struggle to teach the world Choice Theory will always be an uphill struggle.

Read more... <https://wglasser.com/a-perfect-world/>

Until next month.

Jan Moré
President, GIFCT-US Board

Events & Courses

Reality Therapy Corner



Please mark your calendar and join Lucy Robbins at the Reality Therapy Corner, January 24, 2023, 12 noon EST, for 1 hour, with her special guest Kathy Lovett as they discuss the effectiveness of Reality Therapy with both staff and students in higher or tertiary education. Successful relationships building, Quality World Goals and other RT tools and topics will be the major focus.

Please sign up for the course here:

<https://wgi-s-school.thinkific.com/courses/reality-therapy-corner>

Difficult Discussions in Diversity

The Difficult Discussions in Diversity calls are moderated by Gloria Cissé, who is a Glasser Scholar. These calls do not have titles, but listen to a few of them to get a sense of how powerful these conversations can be. These calls are held on the 3rd Saturday of the month.

<https://wgi-s-school.thinkific.com/courses/diversity>



Greet the Week



with Mona Dunkin and Friends

January 9th - How Can 2023 be Different?
January 16th - Honoring Dr. Martin Luther King
January 23rd - Changing Perspectives
January 30th - Achieving Personal Change

Mondays - 1800 UTC (1:00 pm Central)

<https://wgi-s-school.thinkific.com/courses/greet-the-week>

Making Sense of It

January 4th - Holiday, No meeting
January 11th - Revisiting Internal and External Locus of Control with Lucy Robbins
January 18th - Honoring Dr. King with Mona Dunkin
January 25th - Fight Flight with Jeff Steedman

Wednesdays at 8 am PDT//9 am MDT/10 am CDT/11 am EDT
<https://wgi-s-school.thinkific.com/courses/Making-Sense-of-it>



Glasser Quality School Forum January 26th



<https://wgi-s-school.thinkific.com/courses/GQS>

Research Committee Meeting January 27th



<https://wgi-s-school.thinkific.com/courses/research-symposium>

Online Basic Training

Sign Up

Living Life with Choice Theory

There are 10 scenarios included in this course, each one depicting a different troubling situation. The slides then take you through the thought process of identifying your thoughts, feelings and actions. You are then asked to evaluate whether the actions are helping the character to get what they really want. Several concepts of Choice Theory are then introduced, which result in giving the character various options to move forward.



<https://wgi-s-school.thinkific.com/courses/living-life-with-choice-theory>

Glasser Class Meetings

Course includes 37 topics to:

- * initiate discussions to be better connected with your students.
- * help students to be more responsible for their own behavior.
- * teach students to become more tolerant of others.

NEW COURSE!



www.wglasser.com

<https://wgi-s-school.thinkific.com/courses/glasser-class-meetings>

LEARNING
NEVER
ENDS



Take Charge of Your Life

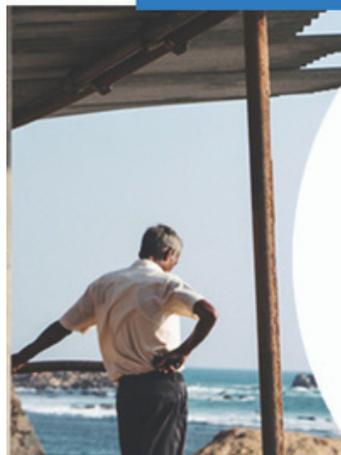
This online course is adapted from Dr. William Glasser's book *Take Charge of Your Life*.

It's time to put yourself
back in the driver's seat!

Join us to learn:

- * Why you do what you do
- * How to stop letting people control you
- * What really matters to you
- * Letting people who control you
- * How to create a meaningful, fulfilling, & happy life!

Apply the universal system for empowering yourself
and improving your relationships with others.



<https://wglasser.com/tcoyl>

Upcoming Trainings

Basic Training

January 23-25, 2023
with Nancy Herrick
Winston-Salem, NC

February 9-11, 2023 (Virtual)
with Judith Klefman

April 3-6, 2023
with Kim Olver
Chicago, IL

For more information & to register for trainings
<https://wglasser.com/events/training-certification/>