



## A message from the Interim 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**



Greetings to All,

Let's talk about meeting our basic needs this month. Ok, I hear you saying, "How basic!" But is it? We all know what is needed to meet our basic needs. Do we always do what we know will meet each need? Or do we ignore or give little attention to one or more of our needs to meet others?

I recently found myself ignoring signs that indicated that I was not meeting my survival needs. I was always very tired, but then I've often been tired and that has never been a problem. So, I kept on getting six or less hours of sleep a night. It was difficult to complete some tasks due to this tiredness. However, I kept on, redoing, correcting mistakes, or sometimes starting over. The tasks were from household ones to written ones. When complete all was all right. So, no worry. It was somewhat unbalancing to use additional time by redoing but having all well done and correct kept me mostly balanced.

As long as what we're doing is working or we think it is, don't we just keep going? We don't give much thought to the frustration signal we're getting about what need is not being met. Then, something happens, that brings the unmet need to the forefront. It can no longer be ignored.

For me, it was three incidents within a few days. I put the time for all meetings in the Eastern time zone and have never had a problem showing up an hour earlier as I live in the Central time zone. On Monday, I signed into a meeting an hour late due to ignoring the Eastern notation. On Wednesday, I laid down to rest a few minutes before a meeting (a frequent habit) but did not set a timer as I usually do. I awoke refreshed but 45 minutes late for the start of the meeting. The next Tuesday, I didn't check my calendar to note that a normal meeting was set a half hour earlier and so I signed in late. Enough!!! I knew I had to do something differently. What did I need to do? After thinking about the situation, two things were decided as new behaviors. One was to go to bed earlier and the other was to set a timer to notify me of all upcoming meetings. So, for it's working. I will continue to evaluate and adjust my plan as needed.

Dr. Glasser provided us with Axiom 6: We are driven by five genetic needs: survival, love and belonging, power, freedom, and fun. He adds, "These needs have to be satisfied. They can be delayed but not denied. Only we can decide when they are satisfied." It does us well to not forget his counsel.

Happy days meeting your needs,

Sharon Carder-Jackson, Interim President

# Message from the Executive Director

To see so many wonderful colleagues at our National Conference in St. Louis was a true honor to me. Just imagine what it would be like if we had more time together like that! I observed many of the Caring Habits being exhibited. I've been thinking, what if the entire society were more like that? How can we teach this to more people? We have a very helpful answer to some difficult relationship problems!

2024 is approaching soon. We are hosting the WGI International Conference in Chicago. We also have many schools, counseling organizations and businesses to share are tools with. There are many counselors and teachers who will come to us for training.

Since we are approaching the end of 2023, possibly you are considering contributing to a nonprofit organization to help people. I know I am getting many requests for contributions. All of these organizations are important, but my passion is with GIFCT! I have arranged for a monthly contribution through the website, [wglasser.com](http://wglasser.com).

As you consider your impact on the world around you, please consider a gift to GIFCT! We have many ideas and projects that will be executed in 2024 and we need your help to move forward!

# From Glasser Canada

The GIFCT-US Conference, Choice Theory Live! Living and Sharing the Legacy, held in St. Louis, Missouri in July, 2023 brought together CTRTLM enthusiasts from diverse backgrounds to explore, celebrate and share the lasting impact of Choice Theory on personal development, relationships, and professional practice.

The organizers of the conference were committed to ensuring a smooth experience for everyone. They thoughtfully put together a schedule that reflected their sensitivity to the distinct needs of attendees. A full roster of concurrently-running presentations allowed participants the freedom to choose from a variety of topics based on individual interests and goals. There was something for everyone, from tips on how to keep people involved and interested during a Zoom workshop to the gift of observing a role play with Dr. Wubbolding. The organizers understood the importance of social events throughout the conference.

The first day Welcome Reception and the closing dinner provided environments for easy networking and relationship building. Then there was Open Mike night where attendees jumped at the opportunity to exhibit their special talents. There was karaoke, acapella singing or with guitar accompaniment. There were skits and even a karate demonstration. Open Mike night provided the perfect mid-conference opportunity to unwind and be entertained. Dr. Glasser himself was on everyone's mind since the conference coincided with the 10th anniversary of his passing. The many attendees who had the privilege of knowing Dr. Glasser were quick to recount first-hand stories about his dedication, wit, and role play prowess.

Personally, attending the conference provided me with the opportunity to meet many people who I had previously only connected with on Zoom. I also made new connections. The information I gained from presentations and my many discussions with other attendees enhanced my appreciation for and knowledge of Choice Theory. I left the conference with renewed enthusiasm, practical skills, and a sense of commitment to carry the legacy of Dr. Glasser into the future. The Choice Theory Live! Living and Sharing the Legacy conference was successful in reaffirming the enduring relevance and significance of Choice Theory in personal and professional development.

Jeannette Markle

# Upcoming Events & Courses

## Difficult Discussions in Diversity

**October 21st - 2PM EST**

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**

October 2nd - The Purpose of Values

October 9th - Life's Arithmetic

October 16th - Humas, Human, Humility

October 23rd - Perfection vs Excellence

October 30th - It's All About Relating

**Mondays - 1800 UTC (1:00 pm Central)**

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

## Making Sense of It

October 4th - Connecting with Clients.....and Others – with Wendall Walker

October 11th - Group Discussion – Ask your question. Give your insights.

October 18th - Certification 1996 Presentation with Mona Dunkin

October 25th - Organize! with Robert J. Martin – Chapter 6 of Robert's upcoming book, Balance Life and Work

**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

**October 26th - 5pm EST**



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

## Research Committee Meeting

**October 27, 2023 - 3pm EST**



<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>

## Glaser 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](http://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/tcoul>

# Reality Therapy Corner



Join us at the Reality Therapy Corner (RT Corner) for conversations exploring the full richness of the practice of Reality Therapy and so much more. These informal discussions can benefit anyone in a helping relationship. See you the 4th Tuesday of each month at 12 noon Eastern Time.

Next up! October 24, 2023 is Steve Hammond and he will be discussing some RT compatible methods that he has found useful in empowering students to solve personal conflicts, resulting in win-win solutions. Steve, founder of GQS school, Saint Patrick Catholic School in Norfolk, Virginia, has used these methods successfully over many years.

Please sign up for the course here:

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

# Upcoming Trainings

## Basic Training

October 8-10, 2023 (Virtual)  
with Judith Klefman

October 23-26, 2023  
Chicago, IL  
with Kim Olver

October 26-28, 2023 (Virtual)  
Elm Mott, TX  
with Mona Dunkin

December 28-30, 2023  
(Virtual)  
Elm Mott, TX  
with Mona Dunkin

## Advanced Training

October 12-14, 2023 (Virtual)  
with Judith Klefman

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