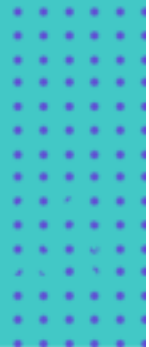




# WHAT IS TEN AXIOMS?

10 AXIOMS IS ESTABLISHED BY  
WILLIAM GLASSER HIMSELF IN HIS  
THEORY. THESE 10 AXIOMS SERVE  
AS A PRINCIPLE TO FOLLOW AND  
PROVIDE A STRUCTURE FOR THE  
THEORY



## AXIOM #1

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*The only whose  
behaviour we can  
control is our own*

## AXIOM #2

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*All we can give to  
another person is  
information*

## AXIOM #3

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*All long-lasting  
psychological problems  
are relationship  
problems.*

## AXIOM #4

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*The problem  
relationship is always  
part of our present  
life*

## AXIOM #5

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*What happened in the past has everything to do with what we are today, but we can only satisfy our basic needs right now and plan to continue satisfying them in the future*

## AXIOM #6

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*We can only satisfy our  
needs by satisfying the  
pictures in our Quality  
World.*

## AXIOM #1

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*All we do is  
behave*



## AXIOM #8

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*All behavior is Total Behavior and is made up of four components: acting, thinking, feeling and physiology*

## AXIOM #9

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*All Total Behavior is chosen, but we only have direct control over the acting and thinking components. We can only control our feeling and physiology indirectly through how we choose to act and think*

## AXIOM #10

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*All Total Behavior is  
designated by verbs  
and named by the  
part that is the most  
recognizable*