WHAT IS TEN AXIOMS?

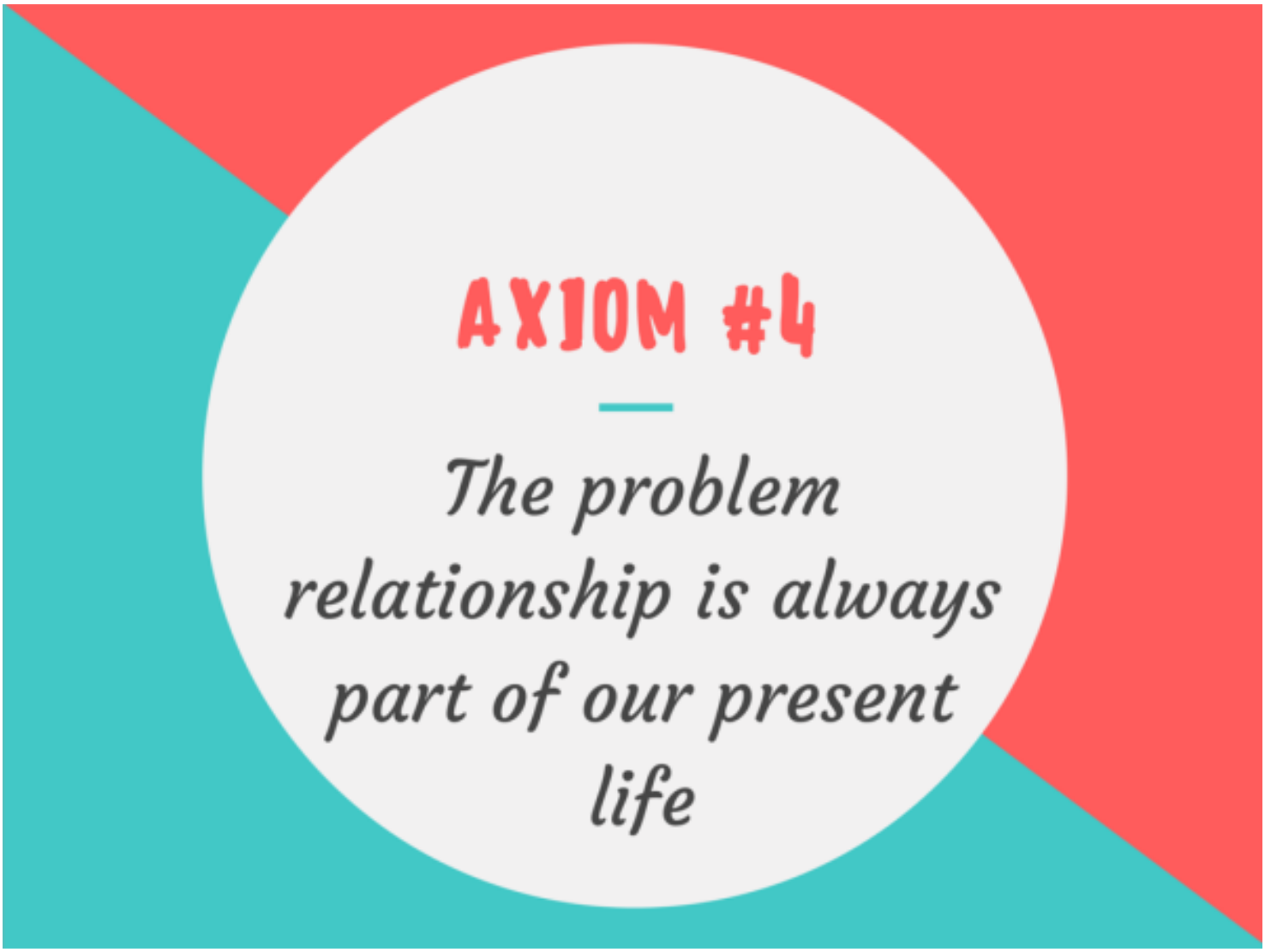
10 AXIOMS IS ESTABLISHED BY WILLIAM GLASSER HIMSELF IN HIS THEORY. THESE 10 AXIOMS SERVE AS A PRINCIPLE TO FOLLOW AND PROVIDE A STRUCTURE FOR THE THEORY

AXIOM #1
The only whose
behaviour we can
control is our own

AXIOM #2

All we can give to another person is information

AXIOM #3
All long-lasting psychological problems are relationship problems.


AXIOM #4
The problem relationship is always part of our present life

AXIOM #5

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

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

AXIOM #1
All we do is
behave

AXIOM #8

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

AXIOM #9

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

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