

# **CHOICE THEORY**

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Total Behavior



# DID YOU KNOW?

✓ All behaviour is purposeful.

✓ All behaviour is total - doing, thinking, physiology, and feeling.

✓ Individuals have direct control over their thoughts and actions and indirect control of their feelings and physiology.

# DOING

**Our actions, physical movements, or gestures.**

# THINKING

**Our thoughts, ideas, beliefs, or self talk.**

Total  
Behaviour

# PHYSIOLOGY

**Bodily functions and biological patterns we can't control.**

# FEELING

**The wide and various range of emotions.**

CREATED USING

**PowToon**

# DOING

Hands on our heads  
and staring down at  
the floor.



# THINKING

"I can't do this."  
"This is awful, I am not  
going to be ok."

# PHYSIOLOGY

Sweating,  
increased heart  
rate, or stomach  
ache.



# FEELING

Stressed out!







The component we have the most control over is our acting. The next most easily controlled component is our thinking.



Therefore, if we want to change how we are feeling or something that is happening in our bodies, then we must change what we are doing or how we are thinking.



DOING

Hands on our heads  
and staring down at  
the floor.



Take deep breaths.

THINKING

"I can't do this."  
"This is awful, I am not  
going to be ok."



I can do it!  
I am confident!

PHYSIOLOGY

Sweating, increased  
heart rate,  
or stomach ache.



Normal  
heart rate.

FEELING

Stressed out!



Calm!

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