

This information was prepared by
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Take Charge of Your Life
for the **Mentally Fit EP** program .

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**“Life’s a Circus
and YOU are the
Ringmaster!”**

TAKE CHARGE OF YOUR LIFE

A working definition

As a “mentally healthy” person

- you enjoy being with most of the people you know, especially the most important people in your life such as family and friends
- you are usually willing to help a colleague or friend to feel better
- you live a mostly tension free life
- you laugh a lot, have few aches and pains
- you enjoy life and have no trouble accepting that other people are different from you and you don’t try to change other people
- in difficult situations you know why you are unhappy and will try to do something about it

From “Defining Mental Health as a Public Health Issue” W.Glasser 2005

This course aims to teach Choice Theory* with the intent of better equipping a person to look after their own mental wellbeing.

**Choice Theory: A New Psychology of Personal Freedom,*

Dr William Glasser, 1998



TAKE CHARGE OF YOUR LIFE



Why Learn Choice Theory?

- To gain control over feelings such as anger, guilt, or depression and choose more positive thinking behavior.
- To learn specific techniques for resolving conflict—inside oneself or with others. One will recognize that we can only control oneself.
- To become more self-accepting and less critical of others.
- To gain flexibility and recognize more choices and opportunities.
- To gain personal insight into important values for which you have been yearning.
- To learn to identify, “How do I want this situation to unfold?”
- To learn to deal more effectively with complaints.
- To increase happiness and get along better with the people in your life.



*This sounds too good to be true. However it is true! **Choice Theory** helps you to become aware of the internal motivation for your behavior. You can dramatically change your perspective and gain more effective control over your behavior. This allows for rapid changes in many areas of your life.*

This page is taken from the *Take Charge of Your Life* Participant Manual

It provides an overview of the aims of learning Choice Theory.

Take Charge of Your Life is a six-hour introduction—Choice Theory in a nutshell!!!

For further information about *Choice Theory* and *Take Charge of Your Life*:

www.wglasserinternational.org

In Australia:

www.wgia.org.au

Did you know ?

"Take Charge of Your Life" by Dr William Glasser MD was awarded best self help book at the 18th Annual Independent Publishers Book Awards 2014



TAKE CHARGE OF YOUR LIFE




Progress of the program:

As part of **Mentally Fit EP** we have presented four, 3-week sets of workshops of 2 hours each, in the communities of Cummins, Port Lincoln and Tumby Bay over the period February to June 2015.

- 33 people aged between 15 and 65 completed the course, in groups where the maximum size was 10
- 12 of those participants were Year 10 –12 students from Tumby Bay Area School Leadership group
- 22 were female and 11 male

Feedback from participants :



WILLIAM GLASSER
INTERNATIONAL

Take Charge of Your Life

Research Data Collection

William Glasser International

A. Question before Training (From Page 6 in PM)

1. How much are you in control of your life?

0% 20% 40% 60% 80% 100%

B. Questions after training

1. How much are you in control of your life?

0% 20% 40% 60% 80% 100%

2. How much do you now believe that you can choose to take more control of your life after training

0% 20% 40% 60% 80% 100%

3. How much do you think that Choice Theory will help you in your future interactions with others?

0% 20% 40% 60% 80% 100%

4. Would you be interested in learning more? Yes No

Optional Questions:

Something I now realize is...

I plan to take charge of my life by...

“The Research Questions”

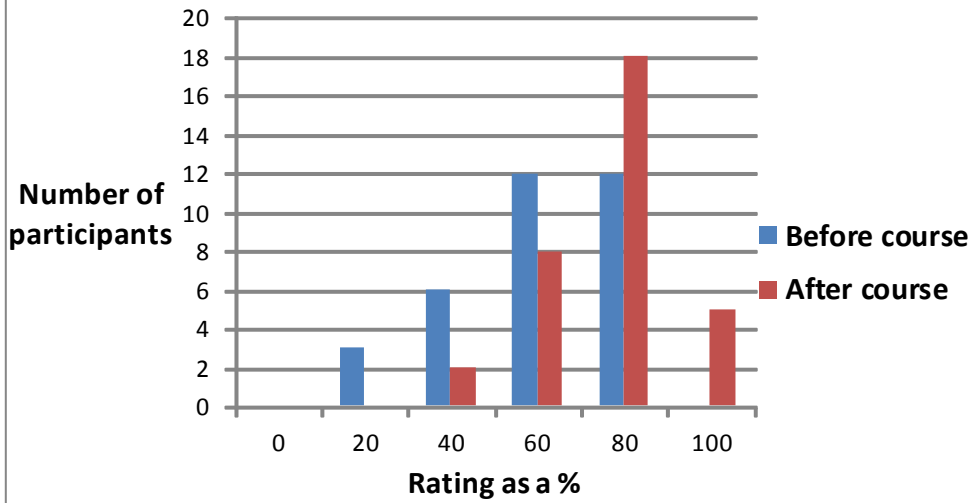
The question sheet at left is part of the *Take Charge of Your Life* course and is designed by WGI.

Participants have the option to respond and the information is sent to the WGI where it is part of a world wide gathering of data.

33 local participants completed this questionnaire.



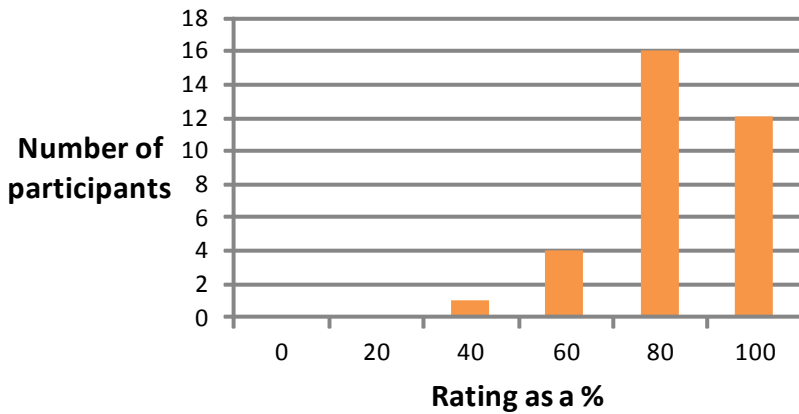
Q 1A & 1B : How much are you in control of your life?



A sense of personal control in one's life is vital to wellbeing.

After Take Charge, participants perceived that they had greater control over their life. Individually these gains varied.

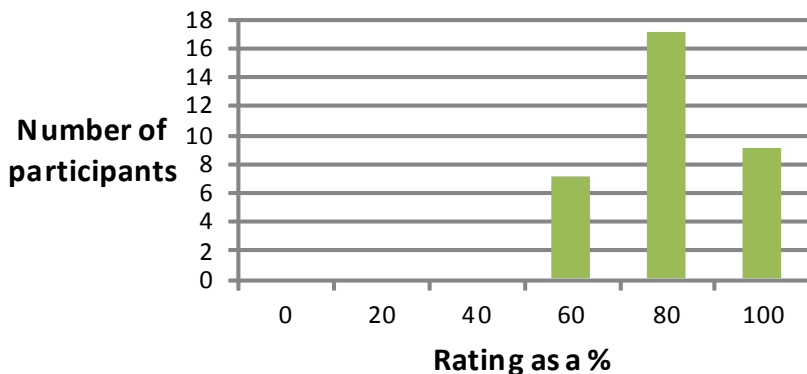
Q2: How much do you now (after Take Charge) believe you can choose to take more control of your life?



For the future....

84 % of participants completing the course were 80 or 100 % sure they could choose to take even further control of their life.

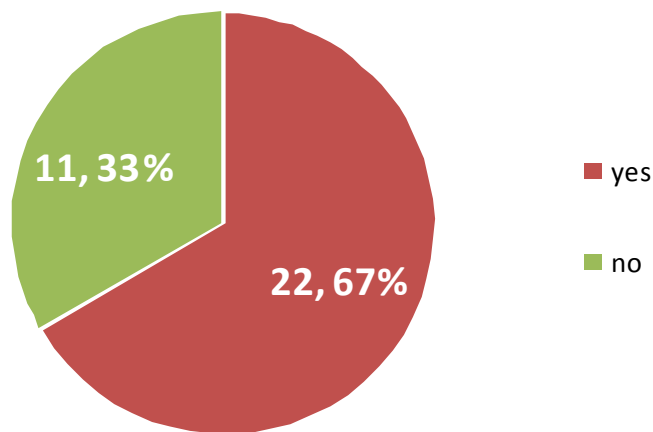
Q3: How much do you think that Choice Theory will help you in your future interactions with others?



Successful relationships are vital to wellbeing.

78% of participants were 80 or 100 % sure that the Choice Theory concepts in Take Charge would help them in their future interactions with others.

Q 4: Are you interested in learning more ?



We can all learn more about how to positively influence our wellbeing.

The learning in the course was valued enough for 67% to indicate they wanted to know more.

Sample responses:

“Something I now realize is.....”

I do have a choice

That you can't choose the way you feel but you can choose the way you act about things in your life.

The fact that your thoughts and actions influence your feelings and physiology

There is a new way of looking at my relationships and how I can impact them

It is important to look after me

That only I can “choose” how I react or let things affect me

I can say no

Common goals take the struggle out of relationships

“I plan to take charge of my life by....”

Balancing myself

Thinking really hard about what I want then making a plan and working towards it

Putting myself first at times and having more fun

Listening more to what I really want and work towards that

Consciously making choices, not just reacting out of habit

Not being so negative

Being more aware of my needs/wants and do what I can—make changes to support these

Putting myself first (not in a selfish way) - if I am not in control of “my” life, how am I any use to anyone!!

