

HOW THE BRAIN WORKS

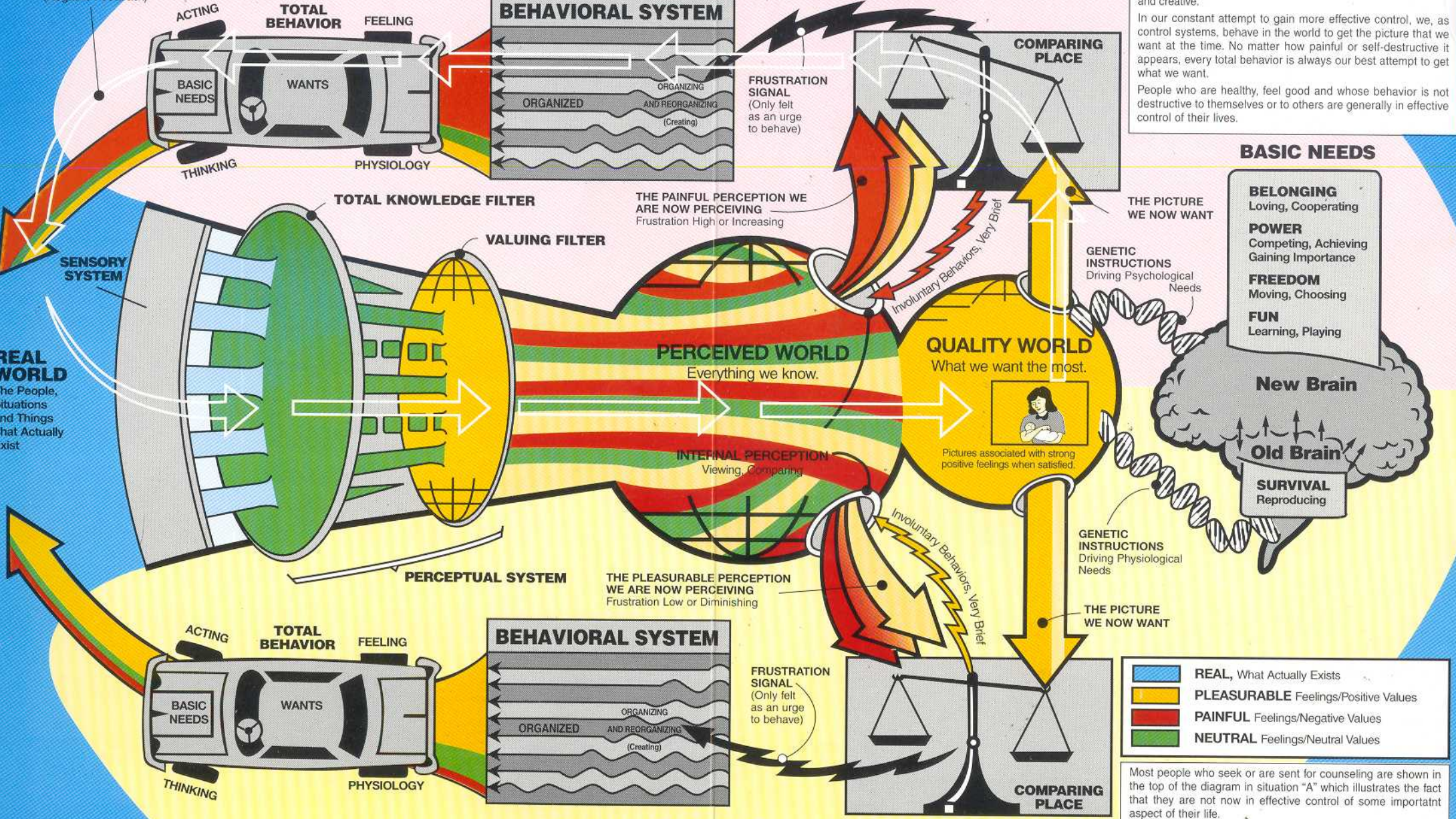
SITUATION A NOT NOW IN EFFECTIVE CONTROL

All any living creature can do is behave and all behaviors are total. All behaviors are internally motivated, purposeful, flexible and creative.

In our constant attempt to gain more effective control, we, as control systems, behave in the world to get the picture that we want at the time. No matter how painful or self-destructive it appears, every total behavior is always our best attempt to get what we want.

People who are healthy, feel good and whose behavior is not destructive to themselves or to others are generally in effective control of their lives.

CONTROL SYSTEM LOOP
(Negative Feedback)



BASIC NEEDS

- BELONGING**
Loving, Cooperating
- POWER**
Competing, Achieving
Gaining Importance
- FREEDOM**
Moving, Choosing
- FUN**
Learning, Playing

- New Brain**
- Old Brain**
 - SURVIVAL**
Reproducing

	REAL , What Actually Exists
	PLEASURABLE Feelings/Positive Values
	PAINFUL Feelings/Negative Values
	NEUTRAL Feelings/Neutral Values

Most people who seek or are sent for counseling are shown in the top of the diagram in situation "A" which illustrates the fact that they are not now in effective control of some important aspect of their life.

The bottom of the diagram shows these people in situation "B" where they are gaining more effective control. Assuming no brain-altering drugs are in the system, how we feel is our best indicator of how effective our control is at any given time. When we feel good, we believe that we are either in or gaining effective control. When we feel bad, we believe we are not in effective control or that we are losing effective control.

SITUATION B Gaining More EFFECTIVE CONTROL

CHOICE THEORY® - WHY AND HOW WE BEHAVE