

Relationship Habits

In order to have a healthy relationship, it is very important that you support, encourage, accept, trust, respect, and listen to each other and not try to control one another. Just as happiness is a choice, so is a happy relationship. The choice is made by the habits you use.

Connecting Habits

- Supporting
- Encouraging
- Listening
- Accepting
- Trusting
- Respecting
- Negotiating Differences

The concept of Choice Theory is to promote self-control so that individuals can increase their ability to make and act on responsible choices. The 7 Connecting Habits can be used to improve your relationships.

Disconnecting Habits

- Criticizing
- Blaming
- Complaining
- Nagging
- Threatening
- Punishing
- Bribing to Control

Individuals use these habits in an attempt to control another person, which leads to the breakdown of relationships. Utilizing the 7 Disconnecting Habits usually leads to misunderstandings and resentment.



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