

It's Your Choice



Anything that impacts us at any moment

thoughts feelings circumstances
thoughts feelings circumstances



START



Learner Path

Judger Path



React

What happened?
What's useful here?
What do I want?



What can I learn?
What is the other person thinking, feeling, needing, and wanting?



What's possible?
What are my choices?
What's best to do now?



LEARNER

- Thoughtful Choices
- Solution Focused
- Win-Win Relating

Who's to blame?



Switching Lane

SWITCH
Ask Learner Questions to avoid Judger Pit



What's wrong with me?
What's wrong with them?

JUDGER

- Automatic Reactions
- Blame Focused
- Win-Lose Relating

Why am I such a failure?
Why are they so stupid?



Judger Pit

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Choice Map™