

# Choice Theory/Reality Therapy (CT/RT) Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What might a leader in a reality therapy group experience if they make poorly timed suggestions?**
  - A. Increased member participation**
  - B. Resistance from group members**
  - C. Immediate acceptance of feedback**
  - D. Enhanced feelings of trust**
- 2. What does Choice Theory propose about human behavior?**
  - A. It is mainly predetermined by genetics**
  - B. It is shaped by the culture one lives in**
  - C. It results from conscious choices to fulfill needs**
  - D. It is influenced solely by external rewards**
- 3. What key message do reality therapists strive to convey to their clients?**
  - A. No matter how difficult things are, hope exists.**
  - B. Past failures define who clients are.**
  - C. Clients must learn to accept their situation.**
  - D. Happiness is a choice regardless of circumstances.**
- 4. What does "planning for the future" involve in Reality Therapy?**
  - A. Creating a detailed life history**
  - B. Establishing actionable steps aligned with goals**
  - C. Reflecting on past therapy sessions**
  - D. Identifying historical patterns of behavior**
- 5. Choice theory shifts the focus of responsibility towards what concept?**
  - A. Blame and guilt**
  - B. Choice and choosing**
  - C. Societal pressure**
  - D. Environmental factors**

- 6. How does Reality Therapy interpret the nature of clients' problems?**
- A. Problems are viewed as external challenges**
  - B. Problems are seen as psychological disorders**
  - C. Problems arise from ineffective choices**
  - D. Problems are primarily emotional issues**
- 7. What are "self-evaluation questions" in Reality Therapy?**
- A. Questions that assess therapist performance**
  - B. Questions aimed at assessing past relationships**
  - C. Questions that prompt clients to reflect on their behaviors**
  - D. Questions that evaluate the effectiveness of therapy sessions**
- 8. What belief guides reality therapists regarding client control?**
- A. Clients are entirely helpless**
  - B. Clients have more control over their behavior than they believe**
  - C. Clients should rely on external support for change**
  - D. Clients must follow strict guidelines**
- 9. What is the primary goal of reality therapy?**
- A. To address the root causes of issues**
  - B. To enhance coping skills for current behaviors**
  - C. To improve relationships through communication**
  - D. To facilitate deeper self-understanding**
- 10. How does the success identity influence client behavior?**
- A. It has no significant impact**
  - B. It motivates individuals to engage in behaviors that align with their identity**
  - C. It forces clients to conform to societal expectations**
  - D. It restricts individuals from trying new things**

## **Answers**

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1. B
2. C
3. A
4. B
5. B
6. C
7. C
8. B
9. B
10. B

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## **Explanations**

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**1. What might a leader in a reality therapy group experience if they make poorly timed suggestions?**

- A. Increased member participation**
- B. Resistance from group members**
- C. Immediate acceptance of feedback**
- D. Enhanced feelings of trust**

In the context of reality therapy, a leader's timing in delivering suggestions can significantly impact group dynamics. Making poorly timed suggestions can lead to resistance from group members. This resistance typically arises because timing plays a critical role in how suggestions are received. If a leader presents ideas at a moment when group members are not ready to engage or are focused on other issues, members may feel dismissed or unvalued, leading to a defensive reaction. This resistance can inhibit the therapeutic process, reducing the effectiveness of the group's interactions and possibly causing members to withdraw or disengage. Proper timing in providing feedback aligns with the principles of Choice Theory, which emphasizes understanding and meeting the needs of individuals in the group. Effective leaders are attuned to the emotional climate of the group and know when to introduce suggestions to foster cooperation and openness.

**2. What does Choice Theory propose about human behavior?**

- A. It is mainly predetermined by genetics**
- B. It is shaped by the culture one lives in**
- C. It results from conscious choices to fulfill needs**
- D. It is influenced solely by external rewards**

Choice Theory posits that human behavior is fundamentally driven by conscious choices aimed at fulfilling basic human needs. This theory, developed by William Glasser, emphasizes the role of individual agency in decision-making processes. According to Choice Theory, every action a person takes is a strategic effort to meet needs such as love, belonging, power, freedom, and fun. The focus is on personal responsibility and the recognition that individuals have the ability to choose their behaviors to satisfy their needs. This understanding empowers individuals to make more mindful choices in their lives, as they can identify their needs and the choices available to meet those needs. By viewing behavior through this lens, individuals can engage more effectively with themselves and others, leading to healthier relationships and more fulfilling lives. In contrast, other perspectives like genetic determinism, cultural influence, or the effects of external rewards do not fully capture the proactive and self-determined nature that Choice Theory emphasizes. Instead, Choice Theory asserts that while these factors may shape behavior, they do not dictate it, as individuals always have the capacity to make choices that align with their personal needs and values.

### **3. What key message do reality therapists strive to convey to their clients?**

**A. No matter how difficult things are, hope exists.**

**B. Past failures define who clients are.**

**C. Clients must learn to accept their situation.**

**D. Happiness is a choice regardless of circumstances.**

Reality therapists focus on promoting the idea that hope exists, regardless of the challenges clients face. This message is fundamental to the practice, as it encourages clients to recognize their potential for change and improvement in their lives. By emphasizing hope, therapists aim to empower clients to take responsibility for their choices and to understand that they can work towards fulfilling their needs and desires. This focus on hope allows clients to envision a better future and motivates them to engage actively in the therapeutic process. It creates a positive framework within which clients can explore their thoughts and behaviors, shifting their focus from the limitations of their present circumstances to the possibilities for growth and fulfillment. Other options may suggest elements of reality therapy, but they do not capture the core principle of hope that is vital in motivating clients. For example, the idea that past failures define individuals contradicts the reality therapy perspective, which encourages clients to reframe their experiences and not let their past dictate their present or future. Similarly, the notions of acceptance or that happiness is solely a choice overlook the nuanced understanding of human behavior and the motivation behind choices that reality therapy seeks to develop.

### **4. What does "planning for the future" involve in Reality Therapy?**

**A. Creating a detailed life history**

**B. Establishing actionable steps aligned with goals**

**C. Reflecting on past therapy sessions**

**D. Identifying historical patterns of behavior**

In Reality Therapy, "planning for the future" focuses on establishing actionable steps aligned with goals. This aspect emphasizes the importance of moving forward by setting specific, realistic objectives and identifying the practical ways to achieve them. It enables clients to take responsibility for their choices and actions while encouraging them to consider how their current behaviors impact their desired future. By engaging in this planning process, individuals can reinforce a sense of control over their lives, empowering them to make conscious decisions that will lead to personal fulfillment and satisfaction. The proactive nature of this planning is essential in helping clients visualize their goals and the steps needed to reach them, thereby fostering a future-oriented mindset. In contrast, creating a detailed life history mainly focuses on past experiences rather than future aspirations. Reflecting on past therapy sessions does not typically aid in direct future planning but rather serves to review previous progress. Identifying historical patterns of behavior looks backward at what has occurred rather than looking forward to actionable outcomes. Thus, establishing actionable steps is the core element of effective future planning in Reality Therapy.

**5. Choice theory shifts the focus of responsibility towards what concept?**

- A. Blame and guilt**
- B. Choice and choosing**
- C. Societal pressure**
- D. Environmental factors**

Choice theory places a significant emphasis on the concepts of choice and choosing, asserting that individuals are responsible for their own behaviors and decisions. This theoretical framework suggests that people have the power to make choices that will fulfill their needs for love, power, freedom, fun, and survival. By focusing on choice, this approach encourages individuals to take ownership of their actions and understand how their choices impact their lives and relationships. This approach fosters empowerment and accountability, as individuals learn that they can change their circumstances by altering their actions and choices rather than externalizing blame or attributing their situations to factors such as societal pressures or environmental influences. Emphasizing choice helps clients recognize that they hold the key to their own well-being and that making different choices can lead to more fulfilling outcomes.

**6. How does Reality Therapy interpret the nature of clients' problems?**

- A. Problems are viewed as external challenges**
- B. Problems are seen as psychological disorders**
- C. Problems arise from ineffective choices**
- D. Problems are primarily emotional issues**

Reality Therapy interprets clients' problems as arising from ineffective choices. This perspective is grounded in the belief that individuals have the power to make choices that either fulfill their needs or lead to unsatisfactory outcomes. According to this approach, when clients experience difficulties or distress, it is often because their choices do not align with their personal needs and values, particularly in fulfilling basic psychological needs such as love, belonging, power, freedom, and fun. By emphasizing the role of choice, Reality Therapy encourages clients to take responsibility for their actions and decisions, which is fundamental to the therapeutic process. Clients are guided to evaluate their current choices, consider the consequences of those choices, and explore alternative options that may lead to more fulfilling lives. This focus on responsibility and decision-making empowers clients to develop greater autonomy and efficacy in navigating their challenges. The other interpretations of problems do not align with the core principles of Reality Therapy. For instance, viewing problems solely as external challenges, psychological disorders, or emotional issues may overlook the individual's ability to effect change through their own choices and behaviors, which is central to the effectiveness of Reality Therapy.

## 7. What are "self-evaluation questions" in Reality Therapy?

- A. Questions that assess therapist performance
- B. Questions aimed at assessing past relationships
- C. Questions that prompt clients to reflect on their behaviors**
- D. Questions that evaluate the effectiveness of therapy sessions

Self-evaluation questions in Reality Therapy are specifically designed to encourage clients to reflect on their own behaviors, choices, and experiences. This mechanism is integral to the therapeutic process because it prompts clients to take personal responsibility for their actions and outcomes. By engaging in this reflective practice, clients can gain insight into how their behaviors contribute to their current situation, which is a key component of Choice Theory. This self-reflection allows them to understand the impact of their decisions and consider alternatives for future actions that align better with their wants and needs. The focus on behavior change and personal responsibility is fundamental to Reality Therapy, making self-evaluation questions a crucial tool in facilitating this process.

## 8. What belief guides reality therapists regarding client control?

- A. Clients are entirely helpless
- B. Clients have more control over their behavior than they believe**
- C. Clients should rely on external support for change
- D. Clients must follow strict guidelines

The belief that clients have more control over their behavior than they realize is central to the principles of Reality Therapy. Reality therapists operate on the premise that individuals have the capacity to make choices and can take responsibility for their actions, thoughts, and feelings. This perspective empowers clients to recognize their potential for change and to understand that, while they may feel trapped by circumstances, they ultimately have the ability to influence their own lives and decisions. This focus on personal agency and the understanding that clients can choose to change their behaviors is both a foundational aspect of Choice Theory and a key component of effective therapeutic practice. By guiding clients to recognize and harness their inherent control, therapists facilitate a process of self-discovery and personal empowerment, leading to more positive outcomes in therapy. Emphasizing that clients should rely on external support for change, follow strict guidelines, or that they are entirely helpless runs counter to the fundamental ideas of Reality Therapy, which stresses self-agency and personal responsibility in the process of change.

## 9. What is the primary goal of reality therapy?

- A. To address the root causes of issues
- B. To enhance coping skills for current behaviors**
- C. To improve relationships through communication
- D. To facilitate deeper self-understanding

The primary goal of reality therapy is indeed centered around enhancing coping skills for current behaviors. This therapeutic approach is grounded in Choice Theory, which emphasizes that individuals have the power and the responsibility to make choices in their lives. Reality therapy focuses on the present and the choices clients are making now—encouraging them to take responsibility for those choices and to explore how they can better meet their needs. By enhancing coping skills, clients learn to manage their thoughts and behaviors more effectively, which can lead to improved decision-making and healthier relationships. The emphasis is on helping individuals recognize their needs, evaluate their current behaviors, and develop more effective strategies to meet those needs in a responsible and satisfying manner. In contrast, addressing the root causes of issues, improving relationships through communication, and facilitating deeper self-understanding are valuable therapeutic goals too, but they are not the primary focus of reality therapy. The approach is more action-oriented and pragmatic, directing attention to the choices being made in the present rather than delving deeply into past experiences or root causes.

## 10. How does the success identity influence client behavior?

- A. It has no significant impact
- B. It motivates individuals to engage in behaviors that align with their identity**
- C. It forces clients to conform to societal expectations
- D. It restricts individuals from trying new things

The influence of success identity on client behavior is intrinsically linked to motivation and self-perception. When individuals identify with a success identity, they are more likely to be motivated to engage in behaviors that reflect that identity. This alignment between their self-concept and their actions fosters a sense of purpose and direction, encouraging them to pursue activities and goals that resonate with their understanding of success. As a result, clients who embrace a success identity may actively seek out opportunities for achievement and growth, thereby enhancing their overall well-being and fulfillment. Moreover, this positive alignment can lead clients to embrace challenges and opportunities that support their identity, reinforcing their motivation and encouraging further personal development. In essence, the success identity acts as a catalyst for proactive engagement in behaviors that are consistent with their aspirations and values.