

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

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. In reality therapy, what is the role of the therapist regarding client hope?**
 - A. To diminish client hope for realism**
 - B. To empower clients to restore their hope**
 - C. To convey that change is impossible**
 - D. To guide clients only when they feel hope**

- 2. What is the expected outcome of effective Reality Therapy?**
 - A. Heightened emotional dependence on the therapist**
 - B. Improved decision-making and enhanced personal responsibility**
 - C. Temporary relief from emotional stress**
 - D. A disengagement from personal problems**

- 3. In Choice Theory, what is meant by "internal control psychology"?**
 - A. It refers to environmental influences on behavior**
 - B. It emphasizes the role of peer pressure in decision making**
 - C. It involves taking charge of one's choices and behaviors**
 - D. It addresses external factors affecting life quality**

- 4. Which of the following statements about planning and commitment in reality therapy is false?**
 - A. Clients make a commitment to carry out their plans.**
 - B. Commitment is not an all-or-nothing matter.**
 - C. A great deal of time is spent on this step of reality therapy.**
 - D. It is up to clients how to implement their plans in everyday life.**

- 5. 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**

- 6. In Choice Theory, what does the need for power often correlate with?**
- A. Emotional stability and mental health.**
 - B. Leadership and self-esteem.**
 - C. Relationship satisfaction and cooperation.**
 - D. Financial success and social status.**
- 7. How can a therapist facilitate change using Reality Therapy?**
- A. By imposing strict rules on client behavior**
 - B. By allowing clients to decide on their own path without guidance**
 - C. By encouraging clients to set specific, achievable plans**
 - D. By focusing only on emotional healing**
- 8. What concept does Glasser claim can prevent both therapist and client from being authentic?**
- A. Disassociation**
 - B. Transference**
 - C. Projection**
 - D. Countertransference**
- 9. Which statement best reflects the belief of reality therapists regarding self-critical attitudes in clients?**
- A. Clients must be self-critical to change.**
 - B. Clients should not focus on past failures.**
 - C. Clients will change with a positive mindset only.**
 - D. Clients will not change without a self-critical attitude.**
- 10. Why is the recognition of personal choice central to Reality Therapy?**
- A. It minimizes accountability for clients**
 - B. It encourages clients to blame external factors**
 - C. It fosters accountability and control**
 - D. It discourages discussion of personal desires**

Answers

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

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Explanations

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1. In reality therapy, what is the role of the therapist regarding client hope?

- A. To diminish client hope for realism**
- B. To empower clients to restore their hope**
- C. To convey that change is impossible**
- D. To guide clients only when they feel hope**

In reality therapy, the therapist plays a crucial role in fostering an environment where clients can regain and strengthen their hope. This is essential, as hope serves as a catalyst for motivation and positive change in a client's life. By empowering clients to restore their hope, the therapist helps them to believe in their own potential and capacity to make meaningful changes towards fulfilling their needs and enhancing their overall well-being. Fostering hope involves the therapist actively encouraging clients to envision a different future and consider the steps they can take to achieve it. This process may include exploring past successes, identifying strengths, and setting achievable goals, all of which contribute to a renewed sense of optimism and agency. The supportive stance of the therapist is fundamental in building a trusting therapeutic relationship, where clients feel safe to express their aspirations and confront their challenges with confidence. Restoring hope is critical in reality therapy, as it aligns with the fundamental tenets of the approach, which emphasize personal responsibility and the ability to make choices that lead to fulfilling relationships and lives. Hope acts as an empowering force, enabling clients to envision their paths forward and take constructive actions towards their goals.

2. What is the expected outcome of effective Reality Therapy?

- A. Heightened emotional dependence on the therapist**
- B. Improved decision-making and enhanced personal responsibility**
- C. Temporary relief from emotional stress**
- D. A disengagement from personal problems**

Effective Reality Therapy aims to empower individuals to take charge of their lives by focusing on personal responsibility and decision-making. This approach encourages clients to reflect on their choices and the consequences of those choices, ultimately enhancing their ability to make informed decisions that contribute to their overall well-being. When individuals engage in Reality Therapy, they learn that their emotional experiences and behaviors are closely linked to their choices. By gaining insight into these connections, clients can shift from dependency on external factors or others for their happiness and well-being, moving instead towards a mindset of personal empowerment. This helps cultivate a sense of agency and responsibility in their lives, leading to improved decision-making skills and greater accountability for their actions. In contrast, options such as heightened emotional dependence on the therapist, temporary relief from emotional stress, and disengagement from personal problems do not align with the principles of Reality Therapy. The therapy emphasizes long-term solutions and personal growth rather than fostering dependency, providing mere temporary relief, or encouraging avoidance of issues. Instead, it focuses on equipping individuals with the tools to address and navigate their challenges effectively.

- 3. In Choice Theory, what is meant by "internal control psychology"?**
- A. It refers to environmental influences on behavior**
 - B. It emphasizes the role of peer pressure in decision making**
 - C. It involves taking charge of one's choices and behaviors**
 - D. It addresses external factors affecting life quality**

In Choice Theory, "internal control psychology" focuses on the concept that individuals have the ability to take charge of their own choices and behaviors. This approach underlines the belief that each person is responsible for their own actions and that they can influence their lives through their decisions. It suggests that individuals possess the power to choose their responses to various situations and that these choices significantly affect their feelings and overall well-being. This perspective shifts the focus from external circumstances or influences, emphasizing that it is not the environment, peer pressure, or external factors that primarily dictate one's behavior, but rather the individual's internal decision-making process. By understanding that they control their own choices, people can achieve a greater sense of personal responsibility and empowerment, which is central to Choice Theory.

- 4. Which of the following statements about planning and commitment in reality therapy is false?**
- A. Clients make a commitment to carry out their plans.**
 - B. Commitment is not an all-or-nothing matter.**
 - C. A great deal of time is spent on this step of reality therapy.**
 - D. It is up to clients how to implement their plans in everyday life.**

In the context of reality therapy, planning and commitment are crucial elements that guide clients towards achieving their goals. The statement that a great deal of time is spent on this step may be considered misleading or false because the approach emphasizes developing concise, practical plans that can be effectively implemented without extensive deliberation. Reality therapy prioritizes action and immediacy, leading to the understanding that while planning is important, excessive time on this phase can detract from the client's motivation and commitment to executing their plans in real life. The other statements accurately reflect core principles of reality therapy. Clients are indeed encouraged to make a commitment to follow through with their plans, emphasizing personal responsibility. Moreover, commitment is understood as a continuum, allowing for flexibility rather than an all-or-nothing mindset. Lastly, the autonomy of clients in deciding how to implement their plans is a fundamental aspect of reality therapy, reinforcing their empowerment and responsibility in the therapeutic process.

5. 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.

6. In Choice Theory, what does the need for power often correlate with?

- A. Emotional stability and mental health.
- B. Leadership and self-esteem.**
- C. Relationship satisfaction and cooperation.
- D. Financial success and social status.

In Choice Theory, the need for power is fundamentally tied to motivations related to leadership and self-esteem. This concept posits that individuals seek to exert influence over their environment and control their lives, which are essential components of feeling empowered. When one assumes leadership roles or has the capacity to influence others, it often boosts their self-esteem and reinforces their sense of self-worth. This interconnection is central to Choice Theory, as it emphasizes the importance of meeting psychological needs to promote overall well-being. Leaders typically draw upon their sense of power to inspire and motivate others, creating a cycle where enhanced self-esteem encourages effective leadership, further satisfying the need for power. In contrast, the emotional stability and mental health aspect focuses more on internal states rather than the external manifestation of power. Relationship satisfaction and cooperation relate to interpersonal dynamics rather than individual power dynamics. Financial success and social status may reflect a form of power but do so through external measures, which doesn't capture the intrinsic nature of power as understood in Choice Theory. Thus, the link between power, leadership, and self-esteem is the most appropriate correlation within this theoretical framework.

7. How can a therapist facilitate change using Reality Therapy?

- A. By imposing strict rules on client behavior
- B. By allowing clients to decide on their own path without guidance
- C. By encouraging clients to set specific, achievable plans**
- D. By focusing only on emotional healing

Facilitating change in Reality Therapy involves encouraging clients to set specific, achievable plans. This approach is rooted in the principles of Choice Theory, which emphasizes personal responsibility and the importance of making choices to meet one's needs. By helping clients identify their goals and develop actionable plans, therapists empower them to take control of their lives and recognize the impact of their decisions. Setting specific and achievable plans allows clients to focus on concrete steps they can take towards their desired outcomes. This process fosters a sense of agency and self-efficacy, which is crucial for motivating change. Clients learn to evaluate their behaviors and choices, leading to a clearer understanding of how these aspects affect their relationships and overall well-being. In contrast, other approaches, such as imposing strict rules, may create resistance or feelings of coercion, as they do not align with the principles of autonomy and accountability that underlie Reality Therapy. Similarly, allowing clients to decide their own path without guidance might leave them feeling lost or unsupported, as they may struggle to implement effective strategies independently. Additionally, focusing solely on emotional healing neglects the practical aspects of behavior change and goal setting that are essential in Reality Therapy, which aims to foster both emotional well-being and proactive steps towards personal growth.

8. What concept does Glasser claim can prevent both therapist and client from being authentic?

- A. Disassociation
- B. Transference**
- C. Projection
- D. Countertransference

Glasser identifies transference as a significant concept that can inhibit both the therapist's and the client's authenticity during therapy. In the context of Choice Theory and Reality Therapy, transference refers to the phenomenon where clients project feelings, attitudes, or expectations from past relationships onto their therapist. This can create a barrier to genuine communication and understanding. When transference occurs, clients may react to the therapist based on their past experiences rather than engaging with the therapist as a unique individual. This can lead to misunderstandings and a lack of open dialogue, which are essential for effective therapy. The therapist, in turn, might become influenced by the feelings and dynamics arising from the client's transference, potentially affecting their ability to respond authentically and empathetically. By recognizing and addressing transference in therapy, practitioners can promote a more open and genuine therapeutic relationship, which is fundamental to the principles of Choice Theory and Reality Therapy. This understanding fosters a more authentic interaction, allowing both the therapist and the client to engage as themselves rather than as projections of past relationships or unresolved issues.

9. Which statement best reflects the belief of reality therapists regarding self-critical attitudes in clients?

A. Clients must be self-critical to change.

B. Clients should not focus on past failures.

C. Clients will change with a positive mindset only.

D. Clients will not change without a self-critical attitude.

The belief of reality therapists is grounded in the understanding that focusing on past failures can hinder a client's progress and overall well-being. By encouraging clients not to dwell on previous mistakes, reality therapy promotes a more forward-focused mindset, enabling individuals to work toward current and future goals rather than getting bogged down by the weight of their historical self-criticism. This perspective aligns with the principle that personal growth and change stem from recognizing one's needs and developing strategies to fulfill them, rather than from an analysis of past failures. In this approach, success is linked to the ability to constructively evaluate the present and take proactive steps towards desired outcomes, rather than engaging in self-critical comparisons to past experiences.

10. Why is the recognition of personal choice central to Reality Therapy?

A. It minimizes accountability for clients

B. It encourages clients to blame external factors

C. It fosters accountability and control

D. It discourages discussion of personal desires

The recognition of personal choice is central to Reality Therapy because it fosters accountability and control for the individual. In this therapeutic approach, clients are encouraged to understand that they have the power to make choices about their thoughts, feelings, and behaviors. By emphasizing personal responsibility, clients can become more aware of how their choices impact their lives and relationships. This empowerment enables them to take constructive steps toward fulfilling their needs and improving their overall well-being. In Reality Therapy, the focus is on what clients can do to effect change rather than on what outside factors might be influencing their situation. This self-agency promotes a proactive stance where clients learn to take ownership of their actions and outcomes, thus fostering a sense of control over their lives.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://choicetheoryrealitytherapy.examzify.com>

We wish you the very best on your exam journey. You've got this!

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