

CHOICE THEORY/ REALITY THERAPY (CT/ RT) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://choicetheoryrealitytherapy.examzify.com>



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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. What is the core principle of reality therapy?**
 - A. Developing a plan for change
 - B. Assessing past behaviors
 - C. Identifying underlying mental disorders
 - D. Implementing strict disciplinary measures
- 2. In reality therapy, focusing on symptoms often leads to what?**
 - A. Improved self-esteem
 - B. Avoidance of deeper issues
 - C. A clearer understanding of emotions
 - D. Enhanced interpersonal skills
- 3. In reality therapy, what role does a therapist play?**
 - A. A guide to past insights
 - B. A facilitator for behavior change
 - C. A judge of moral character
 - D. A promoter of medication use
- 4. Which aspect of Choice Theory emphasizes personal responsibility?**
 - A. External influences
 - B. Social expectations
 - C. Self-determination
 - D. Conditional relationships
- 5. Does reality therapy promote collaboration between client and therapist?**
 - A. Yes, collaboration is essential
 - B. No, it is a directive approach
 - C. Only at the beginning of therapy
 - D. Collaboration depends on the therapist's style
- 6. Which of the following procedures is NOT commonly used in reality therapy?**
 - A. Exploring early recollections
 - B. Goal setting
 - C. Self-evaluation
 - D. Behavioral contracting

7. 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.

8. What is the primary focus of a reality therapist during sessions?

- A. Past experiences of the client
- B. Present behavior of the client
- C. Future goals and aspirations
- D. External life circumstances

9. What is the theoretical basis for reality therapy?

- A. Choice theory
- B. Behavioral theory
- C. Cognitive theory
- D. Humanistic theory

10. How does the concept of "freedom" enhance a client's experience in therapy?

- A. It restricts clients to safer choices
- B. It empowers clients to take responsibility for their choices
- C. It limits the number of options available
- D. It enhances dependency on the therapist

Answers

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

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Explanations

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1. What is the core principle of reality therapy?

- A. Developing a plan for change**
- B. Assessing past behaviors
- C. Identifying underlying mental disorders
- D. Implementing strict disciplinary measures

The core principle of reality therapy focuses on developing a plan for change. This approach emphasizes the importance of helping individuals identify their current behaviors and the choices they are making, as well as understanding how these choices are impacting their ability to meet their needs. By creating a structured plan for change, the therapist collaborates with the client to set realistic goals and take actionable steps toward fulfilling their needs more effectively. Reality therapy operates on the premise that individuals have the power to control their own choices and can make changes to enhance their lives. The therapist guides clients in recognizing their responsibility for their actions, which is a crucial aspect of promoting self-efficacy and personal growth. By focusing on the present and future, rather than delving deeply into past behaviors or seeking to diagnose mental disorders, reality therapy empowers individuals to take proactive steps toward improving their circumstances.

2. In reality therapy, focusing on symptoms often leads to what?

- A. Improved self-esteem
- B. Avoidance of deeper issues**
- C. A clearer understanding of emotions
- D. Enhanced interpersonal skills

Focusing on symptoms in reality therapy often leads to avoidance of deeper issues. This approach emphasizes identifying and addressing immediate concerns without exploring the underlying psychological or emotional factors contributing to those symptoms. In reality therapy, the primary goal is to help individuals recognize their choices and how those choices affect their well-being. By concentrating solely on symptoms, therapists risk not addressing the root causes of distress, which may prevent clients from achieving true personal growth and insight. Dealing with symptoms alone can create a superficial understanding of a client's difficulties, leading them to overlook significant emotional needs or unresolved conflicts. This can stall personal development and hinder the opportunity for deeper healing and change, which are essential components of the reality therapy framework. By guiding clients to explore and address the deeper issues underlying their symptoms, therapists can facilitate a more meaningful therapeutic process that promotes lasting change.

3. In reality therapy, what role does a therapist play?

- A. A guide to past insights
- B. A facilitator for behavior change**
- C. A judge of moral character
- D. A promoter of medication use

In reality therapy, the therapist's primary role is to act as a facilitator for behavior change. This approach emphasizes the importance of personal responsibility and the idea that individuals can choose their behaviors to meet their needs. Rather than focusing on past experiences or delving into the client's history, the therapist encourages clients to explore current behaviors and how they can modify them to achieve their goals and desires. The therapist engages with clients in a supportive manner, helping them recognize the choices they have in their lives and guiding them toward more effective behaviors. By focusing on the present and helping clients identify what they want and how they can get there, the therapist fosters a collaborative environment that empowers clients to take control of their lives. This role of facilitating change aligns with the core principles of Choice Theory, which underpins reality therapy, emphasizing self-direction and responsibility.

4. Which aspect of Choice Theory emphasizes personal responsibility?

- A. External influences
- B. Social expectations
- C. Self-determination**
- D. Conditional relationships

Self-determination is a key element of Choice Theory that highlights the importance of personal responsibility. It emphasizes that individuals have the power and autonomy to make choices about their own lives. This notion is foundational to the understanding that one's actions and decisions significantly influence one's reality and experiences. In the context of Choice Theory, self-determination underlines the belief that, despite external circumstances or social pressures, each person is ultimately responsible for their own choices. This perspective encourages individuals to recognize their role in shaping their outcomes, promoting a sense of agency and accountability for their behaviors and their consequences. This focus on self-determination aligns with the principles of Reality Therapy, which helps clients understand the impact of their choices and encourages them to take ownership of their decisions in pursuit of fulfilling their needs. This empowerment process is crucial for fostering personal growth and effective problem-solving in therapy.

5. Does reality therapy promote collaboration between client and therapist?

- A. Yes, collaboration is essential**
- B. No, it is a directive approach
- C. Only at the beginning of therapy
- D. Collaboration depends on the therapist's style

Reality therapy fundamentally emphasizes the importance of collaboration between the client and the therapist. This approach is built on the premise that clients can only engage in meaningful change when they actively participate in their therapeutic process. Collaboration helps foster a strong therapeutic alliance, which is crucial for effective therapy. In reality therapy, the therapist works alongside the client to identify needs and goals, promote personal responsibility, and strategize ways to fulfill those needs through effective choices. This partnership encourages clients to express their thoughts and feelings and feel empowered in their decision-making, making the therapeutic process more impactful and tailored to the individual's unique context. The concept of collaboration also aligns with the principles of Choice Theory, which underlines that individuals have control over their actions, thoughts, and feelings. By collaborating, both the therapist and client contribute to developing a plan that best suits the client's needs, enhancing their sense of ownership over their therapy journey. This collaborative nature is what sets reality therapy apart from more directive approaches, where the therapist may take a leading role without focusing on the client's input.

6. Which of the following procedures is NOT commonly used in reality therapy?

- A. Exploring early recollections**
- B. Goal setting
- C. Self-evaluation
- D. Behavioral contracting

Exploring early recollections is not a common procedure in reality therapy because this approach emphasizes the present and the choices individuals can make to improve their current situations. Reality therapy focuses on helping clients understand their current behaviors and how these behaviors affect their ability to meet their needs effectively. The practice prioritizes aspects such as goal setting, where clients identify specific objectives they want to accomplish, as well as self-evaluation, which encourages individuals to reflect on their actions and progress. Behavioral contracting may also be used to establish clear agreements between the therapist and client regarding the steps needed to achieve desired outcomes. However, delving into early memories is more aligned with other therapeutic approaches, like psychoanalysis, rather than the pragmatic and action-oriented nature of reality therapy.

7. 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.

8. What is the primary focus of a reality therapist during sessions?

- A. Past experiences of the client
- B. Present behavior of the client**
- C. Future goals and aspirations
- D. External life circumstances

The primary focus of a reality therapist during sessions is on the present behavior of the client. This approach emphasizes understanding how a client is currently acting and the choices they are making in their lives. Reality therapy operates under the premise that individuals can take control of their lives by making effective choices in the here and now, rather than dwelling on past experiences or external circumstances that might seem to influence them. By focusing on present behavior, reality therapists work with clients to identify the ways in which their actions may be fulfilling or preventing the fulfillment of their needs. This immediate focus encourages clients to take responsibility for their choices and behavior, promoting empowerment and fostering a sense of agency in shaping their futures. While future goals and aspirations are important in the overall therapeutic journey, the steps to achieve these aspirations must be grounded in current behaviors. Conversely, past experiences and external life circumstances may be discussed, but they are not the primary focus. The idea is that by understanding and adjusting present behaviors, clients can work towards better meeting their needs and achieving their goals.

9. What is the theoretical basis for reality therapy?

- A. Choice theory**
- B. Behavioral theory
- C. Cognitive theory
- D. Humanistic theory

The theoretical basis for reality therapy is grounded in choice theory. Choice theory, developed by William Glasser, posits that human behavior is driven by the fundamental need to fulfill five basic needs: survival, love and belonging, power, freedom, and fun. Reality therapy applies this framework by helping individuals understand their choices and how these choices affect their lives and relationships. In the context of reality therapy, the focus is on personal responsibility, emphasizing that clients have the power to make choices that can lead to more fulfilling lives. The therapist assists clients in recognizing their needs and how their current behaviors align or misalign with achieving those needs. This approach fosters a collaborative environment where clients learn to accept responsibility for their decisions and engage in problem-solving. While behavioral, cognitive, and humanistic theories contribute significantly to therapeutic practices, they do not encompass the comprehensive framework provided by choice theory that specifically underpins reality therapy. Thus, choice theory is uniquely positioned as the foundational element of reality therapy.

10. How does the concept of "freedom" enhance a client's experience in therapy?

- A. It restricts clients to safer choices
- B. It empowers clients to take responsibility for their choices**
- C. It limits the number of options available
- D. It enhances dependency on the therapist

The concept of "freedom" enhances a client's experience in therapy by empowering them to take responsibility for their choices. In Choice Theory/Reality Therapy, freedom is fundamental as it fosters an environment where clients can explore their desires, needs, and the consequences of their actions without external pressures. This empowerment helps clients realize that they are in control of their lives and that their decisions shape their current and future experiences. By emphasizing personal responsibility, clients begin to understand that they can influence their circumstances through their choices. This realization not only boosts their self-esteem but also encourages proactive behavior, promoting personal growth and self-directed change. When clients feel free to make choices, they are more likely to engage fully in the therapeutic process, which can lead to more meaningful and lasting changes in their lives.

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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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