

# **Choice Theory**

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## **Seven Deadly Habits (External Control)**

1. Criticizing
2. Blaming
3. Complaining
4. Nagging
5. Threatening
6. Punishing
7. Bribing

## **Seven Caring Habits (Internal Choice)**

1. Supporting
2. Encouraging
3. Listening
4. Accepting
5. Trusting
6. Respecting
7. Negotiating