

Choice Map™

We choose moment by moment

Anything that impacts us at any moment
Thoughts Feelings Circumstances

START

Choose

Learner Path

Judger Path

React

What assumptions am I making?
What can I learn?

What happened?
What do I want?
What are the facts?

What are they thinking, feeling, and wanting?
What am I responsible for?

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

Whose fault is it?

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

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

LEARNER
• Thoughtful Choices
• Solution Focused
• Win-Win Relating

SWITCH
Ask Learner Questions to Avoid Judger Pit

JUDGER
• Automatic Reactions
• Blame Focused
• Win-Lose Relation

JUDGER PIT



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