

How do cognitive theorists, according to our textbook define "reality"? Is the "reality" assumed by cognitive theorists relative or absolute? Do you agree with their definition of reality. Why or why not?

Reality therapy refers to people having the ability to chose their own outcomes as long as the individual is considered along with their environment realistically. This form of counseling approach is very direct and action based which individuals can understand and follow easily. Reality therapy explains how brain functioning relates to control theories. Control theory address human behavior and actions individuals take for current needs, belonging, power, pleasure, freedom, and survival (Parrott, 2003). Actions, thoughts, emotions, and even human physiology are continuously generated to fulfill these generic needs and specific wants, and some behavior is helpful; some, ineffective or harmful (Parrott, 2003). Cognitive theorists ideal of reality I believe is relative because individuals do have the ability to associate with others who obtain positive behaviors and positive environments. While others chose to obtain negative behaviors and associate with other negative environments and individuals. Therefore individuals who are associated in a reality have the ability to understand all actions, thoughts, and emotions can all be controlled by the awareness of reality.

#### References

Parrott, L., III. (2003). *Counseling and psychotherapy* (2nd ed.). Pacific Grove, CA: Thomson/Brooks/Cole.

#### Response 2

Reality is having the ability to choose your own fate if they consider their environment realistically.(pg.355) Reality is baced on explanation of brain function known as control theory. This theory that you can fulfill our own needs through our actions, thoughts,emotions, and human physiology. Through this program cliant's have been able to make more realistic choices helping them to create a more realistic path through life.

I believe this theory is correct. I believe we can make or break out future and life. If you are out to make trouble your going to find trouble. Some people have enough mind strength to control their mind and keep them self health or make them selves sick. If you know you make or break what happens in your life you are going to make smarter choices in life.

#### References

Parrott, L., III. (1997). *Counseling and psychotherapy*

