

# It's Your Choice



Anything that impacts us at any moment  
Thoughts Feelings Circumstances



START

**Choose**

Learner Path  
Judger Path

**React**

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

What are the facts?  
What do I want?

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

Whose fault is this?

Why can't I ever win?  
Why are they always so irritating?  
Why bother?

Judger Pit

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

**SWITCH**  
Ask Learner Questions to avoid Judger Pit

**JUDGER**  
• Automatic Reactions  
• Blame Focused  
• Win-Lose Relating



Switching Lane

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



Marilee Adams, Ph.D.  
800-250-7823  
www.ChoiceMap@InquiryInstitute.com

