

Choice Map™

We choose moment by moment



START

Choose

React

Learner Mindset

Judger Mindset

LEARNER

- Thoughtful Choices
- Solution Focused
- Win-Win Relating

JUDGER

- Automatic Reactions
- Blame Focused
- Win-Lose Relating

SWITCH

Ask Learner Questions to Avoid Judger Pit

JUDGER PIT

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

• What are they thinking, feeling and wanting?
• Am I being responsible?

• What assumptions am I making?
• What are the facts?

• What happened?
• What do I want – for both myself and others?
• What can I learn?

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?

Switching Lane



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