



**CHOICE THEORY IN MITCH ALBOM'S *TUESDAY WITH MORRIE* AND IAN MCEWAN'S *ON CHESIL BEACH***

**2021  
MASTER'S THESIS  
ENGLISH LANGUAGE AND LITERATURE**

**AYOUB AL-SUMIDAA**

**Supervised by  
Assoc. Prof. Dr. Muayad Enwiya Jajo ALJAMAN**

**CHOICE THEORY IN MITCH ALBOM'S *TUESDAY WITH MORRIE* AND IAN  
MCEWAN'S *ON CHESIL BEACH***

**Ayoub AL-SUMIDAA**

**T.C.**

**Karabuk University**

**Institute of Graduate Programs**

**Department of English Language and Literature**

**Prepared as Master's Thesis**

**SUPERVISED BY**

**Assoc. Prof. Dr. Muayad Enwiya Jajo AL-JAMANI**

**KARABUK**

**November 2021**

## TABLE OF CONTENTS

|  |    |
|--|----|
| TABLE OF CONTENTS .....                            | 1  |
| THESIS APPROVAL PAGE.....                          | 3  |
| DECLARATION .....                                  | 4  |
| FORWARD .....                                      | 5  |
| ABSTRACT.....                                      | 6  |
| ÖZET .....   | 7  |
| ARCHIVE RECORD INFORMATION.....                    | 8  |
| ARŞİV KAYIT BİLGİLERİ.....                         | 9  |
| LIST OF ABBREVIATIONS .....                        | 10 |
| SUBJECT OF THE RESEARCH .....                      | 11 |
| THE PURPOSE AND SIGNIFICANCE OF THE STUDY .....    | 11 |
| RESEARCH OBJECTIVES .....                          | 11 |
| THE METHODOLOGY OF THE STUDY.....                  | 12 |
| HYPOTHESIS OF THE RESEARCH / RESEARCH PROBLEM..... | 12 |
| THE LIMITATION OF THE STUDY .....                  | 12 |
| RESEARCH FINDINGS.....                             | 12 |
| CHAPTER ONE .....                                  | 13 |
| INTRODUCTION.....                                  | 13 |
| 1-1 AN OVERVIEW OF CHOICE THEORY .....             | 13 |
| 1-2 THE BASIC NEEDS OF CHOICE THEORY .....         | 18 |
| 1-2-1 SURVIVAL .....                               | 19 |
| 1-2-2 LOVE, SEX, AND BELONGING.....                | 20 |
| 1-2-3 POWER.....                                   | 21 |
| 1-2-4 FREEDOM .....                                | 22 |
| 1-2-5 FUN.....                                     | 23 |
| 1-3 RELATIONSHIP AND HABIT .....                   | 24 |
| 1-4 CHOICE THEORY AND THE QUALITY OF LIFE .....    | 26 |
| 1-5 CHOICE THEORY AND BEHAVIOR .....               | 28 |
| CHAPTER TWO .....                                  | 31 |

|  |     |
|--|-----|
| <b>WILLIAM GLASER'S CHOICE THEORY AND <i>TUESDAY WITH MORRIE</i></b> ..... | 31  |
| <b>2-1 LITERATURE REVIEW</b> .....   | 31  |
| <b>2-2 CHOICE THEORY IN <i>TUESDAY WITH MORRIE</i></b> .....               | 33  |
| <b>CHAPTER THREE</b> .....   | 60  |
| <b>WILLIAM GLASER'S CHOICE THEORY AND ON <i>CHESIL BEACH</i></b> .....     | 60  |
| <b>3-1 LITERATURE REVIEW</b> .....   | 60  |
| <b>3-2 THE CHOICE THEORY AND <i>ON CHESIL BEACH</i></b> .....              | 62  |
| <b>CONCLUSION</b> .....  | 94  |
| <b>REFERENCES</b> .....  | 97  |
| <b>CURRICULUM VITAE</b> .....  | 102 |

## THESIS APPROVAL PAGE

I certify that in my opinion the thesis submitted by **Ayub ALSUMIDA** titled “**CHOICE THEORY IN MITCH ALBOM'S TUESDAY WITH MORRIE AND IAN MCEWAN'S ON CHESIL BEACH**” is fully adequate in scope and in quality as a thesis for the degree of **Master of Arts**.

**Assoc. Prof. Dr. Muayad Enwiya Jajo AL-JAMANI** .....

Thesis Advisor, **Department of English Language and Literature**

This thesis is accepted by the examining committee with a unanimous vote in the Department of **English Language and Literature** as a **Master of Arts** thesis. **November 15, 2021**

Examining Committee Members (Institutions)

Signature

Chairman : **Assoc.Prof.Dr. Muayad AL-JAMANI (KBU)** .....

Member : **Prof.Dr. Serdar ÖZTÜRK (KBU)** .....

Member : **Assist.Prof.Dr. Dunia Taher HAMEED (TU)** .....

The degree of **Master of Arts** by the thesis submitted is approved by the Administrative Board of the Institute of Graduate Programs, Karabuk University.

**Prof. Dr. Hasan SOLMAZ** .....

Director of the Institute of Graduate Programs

## **DECLARATION**

I hereby declare that this thesis is the result of my own work and all information included has been obtained and expounded in accordance with the academic rules and ethical policy specified by the institute. Besides, I declare that all the statements, results, materials, not original to this thesis have been cited and referenced literally.

Without being bound by a particular time, I accept all moral and legal consequences of any detection contrary to the aforementioned statement.

**Name Surname:** Ayub Mahdy Eddan

**Signature:**

## **FORWARD**

I would like to thank my family one by one, especially my father “Mahdy” who patiently supported me during this study.

My deepest and special thanks go to my dear professor “DR. MUAYAD JAJO” who directed me to write this study perfectly. Also, my thanks go to the whole staff of the English department who taught me and guided me to write this thesis.

My final words of thanks go to my friends without mentioning who were with me from the dark side that I tried and who supported and often motivated me.

## ABSTRACT

This present study is about Choice Theory; it holds that individuals ought to act independently to become creative characters. This thesis applies this principle to literary characters by analyzing their attitudes. The first chapter is about Choice Theory by William Glasser. This theory deals with people's problems on how they get along well with one other. Moreover, the majority of individuals have a negative relationship with other individuals around them. They have followed the old, external psychological techniques that have led people to be in negative relationships. People have inherited the old techniques of external psychology from their ancestors, parents, and teachers. It is a traditional method, and it is used for balancing human lives. Choice Theory, on the other hand, puts people in a familiar world which is called internal control psychology and guides them to be familiar with each other. It focuses on people's ability to control themselves. In the second chapter, this study demonstrates people's living state in the 1990s from Album's *Tuesday with Morrie* in which characters are portrayed to have consuming lives and have neglected the proper way of living. They work to get their demands and are greedy because of the inappropriate world around them. Morrie discusses love, life, death, friendship, religion, money, family, business, fate, etc. The third chapter examines *On Chesil Beach* shows How Ian McEwan presents people's lives in the 2000s. The novel is about two lovers. They have chosen each other in order to have a proper life. They cannot have a good relationship and they face external control psychology.

Keywords: Choice theory, Ian McEwan, Mitch Album, *On Chesil Beach*, *Tuesday with Morrie*.



## ÖZET

Bu çalışma, Seçim Teorisi ile ilgilidir; bireylerin yaratıcı karakterler olmak için bağımsız hareket etmeleri gerektiğini savunur. Bu tez, bu ilkeyi edebi karakterlere tutumlarını analiz ederek uygular. İlk bölüm William Glasser'ın Seçim Teorisi hakkındadır. Bu teori, insanların birbirleriyle nasıl iyi geçindikleri konusundaki sorunlarıyla ilgilenir. Ayrıca çoğu insanın etrafındaki insanlarla olumsuz bir ilişkisi vardır. Bireyler, insanları toksik ilişkilere sürükleyen eski, dışsal psikolojik teknikleri izlemiştir. İnsanlar dış psikolojinin eski tekniklerini atalarından, ebeveynlerinden ve öğretmenlerinden miras almıştır. Geleneksel bir yöntemdir ve insan hayatını dengelemek için kullanılır. Seçim Teorisi ise insanları iç kontrol psikolojisi adı verilen tanıdık bir dünyaya yerleştirir ve birbirlerini tanımalarına rehberlik eder. İnsanların kendilerini kontrol etme yeteneklerine odaklanır. Ayrıca, çalışma, insanların hayatlarını tüketen ve doğru yaşam biçimini ihmal eden karakterlerin canlandırıldığı *Album's Tuesday with Morrie*'den 1990'larda insanların yaşam durumlarını ortaya koyuyor. Taleplerini elde etmek için çalışırlar ve etraflarındaki uygunsuz dünya yüzünden açgözlüdürler. Morrie aşk, yaşam, ölüm, dostluk, din, para, aile, iş, kader vb. konuları tartışır. Ian McEwan'ın *On Chesil Beach*'i 2000'li yıllarda insanların hayatlarını doğrudan inceliyor. Roman iki aşık hakkındadır. Düzgün bir hayata sahip olmak için birbirlerini seçmişlerdir. İyi bir ilişkileri olamaz; dış kontrol psikolojisiyle karşı karşıyadırlar.

Anahtar Kelimeler: Chesil Sahilinde, Ian McEwan, Mitch Albümü, Seçim teorisi, Salı ile Morrie.

## ARCHIVE RECORD INFORMATION

|                                 |   |
|---------------------------------|---|
| <b>Title of the Thesis</b>      | Choice Theory in Mitch Albom's <i>Tuesday with Morrie</i> and Ian McEwan's <i>On Chesil Beach</i> |
| <b>Author of the Thesis</b>     | AYOUB MAHDI IDAN  |
| <b>Supervisor of the Thesis</b> | Associate Professor. MUAYAD JAJO ALJAMANI   |
| <b>Status of the Thesis</b>     | Master's Degree   |
| <b>Date of the Thesis</b>       | 2021/11/15  |
| <b>Field of the Thesis</b>      | English Literature  |
| <b>Place of the Thesis</b>      | Krabuk University   |
| <b>Total Page Number</b>        | 102   |
| <b>Keywords</b>                 | Ian McEwan, Mitch Album, On Chesil Beach, Tuesday with Morrie.                                    |

## ARŞİV KAYIT BİLGİLERİ

|                           |   |
|---------------------------|---|
| <b>Tezin Adı</b>          | Aşk, Eğlence, Davranış, Dış ve İç kontrol psikolojisi, Fizyoloji, Geçmiş, Hayatta Kalma , Seçim teorisi , Temel ihtiyaçlar Yetenek. |
| <b>Tezin Yazarı</b>       | AYOUB MAHDI IDAN  |
| <b>Tezin Danışmanı</b>    | Doç Dr. Muayad Enwiya Jajo AL-JAMANI  |
| <b>Tezin Derecesi</b>     | Yüksek Lisans   |
| <b>Tezin Tarihi</b>       | 2021/11/15  |
| <b>Tezin Alanı</b>        | İngiliz Edebiyatı   |
| <b>Tezin Yeri</b>         | Karabük Üniversitesi, Lisansüstü Eğitim Enstitüsü   |
| <b>Tezin Sayfa Sayısı</b> | 102   |
| <b>Anahtar Kelimeler</b>  | Chesil Sahilinde, Ian McEwan, Mitch Albümü, Seçim teorisi, Salı ile Morrie.   |

## **LIST OF ABBREVIATIONS**

**CT/RT.: Choice theory/ reality therapy**

**EB.: Encyclopedia Britannica**

**Ed. by: Editor. by**

**Etc.: Et cetera**

**P./PP.: Page, pages**

**UCLA.: University of California at Los Angeles**

**UK: United Kingdom**

**USA: United States of America**

**Vs.: versus**

**WDEP.: Wants, Doing, Evaluating, Planning/ Processing**

## **SUBJECT OF THE RESEARCH**

The study mainly explores the individual's issue of how to live a fulfilling life with a partner by applying the Choice Theory on the following two novels: *Tuesday with Morrie and On Chesil Beach*. The first novel, *Tuesday with Morrie* by the American author Mitch Album discusses his experience with his professor about life. The second novel, *On Chesil Beach* is written by British author Ian McEwan who narrates his life experiences as a married man in a biographical novel. The two main characters of this novel, Edward and Florence, were lovers for a long time. Then they got married, but they got separated on the first night of their wedding.

## **THE PURPOSE AND SIGNIFICANCE OF THE STUDY**

The purpose of the study touches on the issues of daily life among characters in these two literary texts *Tuesday with Morrie and On Chesil Beach*. It discusses why characters have practiced external psychology, and why they cannot get along well with each other. The significant side of this study lies in showing the good relationship habits among people who can practice the Choice Theory. On the other hand, there is the presence of the bad relationship habits that are available in most families in each society.

## **RESEARCH OBJECTIVES**

This study has three objectives: First, it shows how people attempt to cope with the struggle of how to live a fulfilling life. Second, it depicts how the Choice Theory posits that an individual's basic needs have to be met in order to have a satisfying life. Third, it explains how people need to carefully choose what data they place in their minds.

## **THE METHODOLOGY OF THE STUDY**

The methodology of the study is “Choice theory”. It is a psychological study that leads people to take action in their life accountably. Individuals should take responsibility for their actions and encourage people to make their own decisions. It solves the issues among married people on how to live along peacefully.

## **HYPOTHESIS OF THE RESEARCH / RESEARCH PROBLEM**

The hypothesis of the study is that the selected works of the two authors, Mitch Album and Ian McEwan depict the real issue of how the characters cannot live along well with each other. It is hypothesized that the characters within choice theory can live peacefully. Otherwise, the characters with an external psychology cannot live along well with each other. The real problem that this study investigates is facing the issue concerning the characters who cannot live along well.

## **THE LIMITATION OF THE STUDY**

The scope of this study is limited to two literary texts. The texts represent two different cultures and continents: *Tuesday with Morrie* portrays North America, specifically the United States of America, and the whole world in general. On the other hand, *On Chesil Beach*, portrays the United Kingdom specifically and Europe in general.

## **RESEARCH FINDINGS**

This study reaches the fact that there are two different types of individuals. The first type refers to individuals who follows their parents’ techniques and practice external control psychology. The second type refers to individuals that follow appropriate techniques of internal control psychology, also known as Choice Theory.

## CHAPTER ONE

### INTRODUCTION

*Independence is the paradigm of I. I can do it; I am responsible; I am self-reliant; I can choose. Interdependence is the paradigm of we. We can do it: we can cooperate; we can combine our talents and abilities and create something greater together. Dependent people need others to get what they want. Independent people can get what they want through their own effort. (Stephen Covey, 1989,23).*

#### 1-1 AN OVERVIEW OF CHOICE THEORY

Choice Theory was developed by William Glasser in 1998. He was a leading public figure in North America and Canada. His audiences included counselors, therapists, and educators. By the same token, Glasser in 1965 who was a psychiatrist at a mental hospital and correctional institution, formulated reality therapy and applied it to schools without failure in the school systems in 1968. The theory refers to humans' responsibility in life; focusing on their ability on how they can make great differences in life.

Roy in 2014 claims in his autobiography of Glasser that 'he started early to have differences with UCLA psychiatrists both in his ability to question his teachers and in his wish to share his beliefs' (p. 59). Reality therapy has been developed to a vast array of relationships since its early application to the counseling and therapy professions. This is no longer restricted to psychological health. The techniques of reality therapy have been extended to schools, addiction problems, corrective actions and other relationships with mental health and parents, managements, and mentors. On the other hand, Wubbolding (1991, 2011 and 2016) developed and expanded practical means of real-life therapy implementation, learning, and development.

Choice Theory provides the foundations for self-evaluation with its application through realistic therapy. Since this work focuses on self-evaluation, referring to this entire system (theory and application) is referred to under the term "Reality Therapy". At the beginning, Glasser (1981 to 1984) implements control theory and control system

theory for validating the reality therapy delivery mechanism. According to Wubbolding (2011: pp.2,3), he states that the theory dates back to the 1940s. John von Neumann, Albert Einstein's associate, predicted that analog and digital computers can even be used as an explanation for the human nervous system (Powers, 1973). In more details, the Norbert Wiener (1948, 1952) defines the brain as a "negative" in the intentional system. Once the purpose is not achieved, the negative input is received in that the target is not at stake; it then rectifies its path to conform with its target aim as similar to a torpedo or rocket. Likewise, the human brain functions analogously, according to control theory, with a thermostat reading the temperature in the room and signaling the heating or air conditioning system in order to correct what can be called as behavior. The room is cooled or heated in order to achieve the objective and the predetermined or wanted room temperature is maintained. Glasser (1998) has changed the theory of control significantly with a focus on internal choice and individual accountability. This new version was renamed "Choice Theory".

As Glasser (1988) states, there are ten axioms of choice theory that are able to define human's personal freedom. These ten axioms shortly guide the individual to apply Choice Theory in their beliefs. They eliminate external control psychology and shift it to internal control psychology. Firstly, an individual can control only himself or herself, not others. Secondly, the individuals can give information to others. Thirdly, relationship issues are all long-lasting psychiatric problems. Fourthly, the issues of relationships are all available in life. Fifthly, what an individual has done previously is difficult to eliminate, the past has an impact on the present moment. The past can add little or nothing to what individuals need to do in the present and to revisit this painful past: characters should practice the Choice Theory to live peacefully. Sixthly, Humans are 'repowered' by five genetic needs: life, love and belonging, power, freedom, and fun. Seventhly, the five basic needs are only satisfied by fulfilling a picture or image in their quality worlds. Eighthly, from birth to old age, all humans can do is the acting elements. Total Behavior consists of four inseparable elements: conducting, thought, sensing, and physiology. Ninthly, all Total Behavior is described by verbs, typically infinitives and gerunds, and called by the most familiar components. Tenthly, all



behavior is preferred, but only the acting and thought elements are specifically under our influence (pp.142-143).

Glasser (1998) claims that the majority of individuals who are not poor, hungry, or sick have their own life and if asked "How are you", they respond that they are in a miserable condition. They do not know that they have chosen the misery side. Choice Theory explains the traditional technique that characters practice from the external world. With this intention, it stated all unhappy people have the same problems, they always complain about things that are routines, such as yelling at a child for pouring water over the floor. They cannot make a good balance each other, and they use the old technique to manipulate children, wives, husbands, and all the individuals around them. In detail, the majority of people have the same routine issues; they cannot see the positive line of these issues (p.7). With this in mind, Choice Theory states that individuals who have the desire to change into good quality characters, they can get their goal by focusing and working deeply on that goal. As can be seen, an individual can control himself by programing his mind effectively. Hence, Choice Theory is for ones who they want to get along well with each other. "Choose the words wisely, because they will influence happiness, relationships, and wealth." (Newberg Andrew B, 2012, p.30). Individuals technically have to use proper images and satisfy their needs in order to have a good relationship with their family, friends, and relatives.

Glasser (2008) states, "Choice Theory is the path, and reality therapy is the train" when characterizing both the connection and the distinction between Choice Theory and its delivery system (p. 1). Choice theory and Reality therapy interact with each other while remaining distinct. They are interdependent and yet independent, such as hands rolled up together. Furthermore, the theory is summarized in the following principles as a basis for reality therapy, particularly self-evaluation. The first principle is that the inspiration of humans comes from the human individual. This makes it impossible to coerce human behavior. Wubbolding (2011, pp.3-4) states: The world outside of the human mind does not compel people to act by default. Adjacent to it is quite apparent that others can be very persuasive and that the outer world influences the way people live. Al Capone observed once that he can get what he would want more

efficiently with a kind word than with a weapon. Yet, Humans always maintain control of their actions at least somehow. For example, history is full of examples of people who refused to even change their beliefs to the point of suffering, and who knew that they had their own decisions. From the Choice theory viewpoint, individuals produce behavior in order to meet five universal requirements or genetic instructions. The theory considers these five motivators as hierarchical. In effect, there are five basic psychological needs: belonging, power, freedom, and fun: survival or self-preservation. In the distance, starving people often disregard others needs to protect their lives, while not as fundamental as survival. The need for belonging is central to Choice Theory and, by extension, reality therapy is practice. Alongside, social service workers who serve the poorest of the poor are frequently confronted with client issues that appear to have no solution. Their problems are numerous, and their zeal is both extreme and fierce. The workers have lost the opportunity and feel helpless. They can, however, provide some assistance by assisting their clients in improving at least one human relationship.

In William Glasser, there is still a great deal of discussion about Choice theory concerning the distinction between practical and theoretical in the reality therapy organization. In this point, practitioners use a technique to apply to a theory. The theory is Choice theory; reality treatment is the technique. Notably, consultants and others perform treatment of reality. William Glasser claimed in 2008, that the theory provides an explanation of the activities of the human brain, particularly, by explaining why individuals produce conducts including actions, thoughts, feelings, and physiological acts. Certainly, this reveals how human motivation and effort make the mind work comprehensibly. Choice theory requires a distribution method, as it is a hypothesis, i.e., an explanation. Reality therapy offers the medium for activating theory in all human connections, energizing it, and making it tangible. Glasser (2008) clarifies in the Newsletter of the William Glasser Institute that "people want to state publicly that training participants seeking to understand theory and reality therapy and are especially effective in our training programs are continuously integral to the teaching of methods, the WDEP System" (p.1). Based on the need for the mastery of theory and practice, these differences and explanations are numerously repeated in the book. In addition, this

book discusses the theories and practices in line with contemporary neuroscience research that characterizes the human mind as the "incarnated and related process that governs the flow of energy and information" (Siegel, 2012, p. xxvi). The flow of energy is considered as behavior, the output selected to fulfill human wants, from a theory of choice. Information may regard as data or input received from the outside world when an individual is concerned with influencing and manipulating the external environment by conducting decisions.

In 2000, Michael Berman and David Brown claimed that "People can consider themselves as victims of situations and may know how to protect their lives—the choice is theirs". Individuals should choose the right path for themselves. They have to realize their friends, and ones around them when they are in bad situations and not decide negatively. Otherwise, when they are in good situations they decide positively. But people have to be in the right lane, nether positive nor negative to decide on their life (p. 65). When Jon Carlson in 2012, Professor of Adlerian Psychology at the Adler Academy in Chicago, outlines the importance of effective choices, he states that "in life and marriage, people choose to make happiness or misery. These choices can nobody else make" (p. 231). Satel and Lilienfeld (2013) state that "the daily work of recovery, whether or not it is promoted with medications, is a human process that is most effectively followed in a language of purposeful actions, meaning, choice and consequence" in relation to the dangers of denying personal responsibility due to an overemphasis of erroneous neuroscientist findings (p. 70).

Choice theory, such as Adlerian psychology (Alfred Adler.org, 2016), asserts that all behavior is purposeful or goal-oriented. It seeks to satisfy the five basic needs, even if the chosen behaviors appear aimless to others. Glasser (1998) talks intentionally about depression. The theory enables an individual to seek help, be attentive, and stop anger. In many cases, the client does not understand the explicit purpose of certain behaviors. The real-life therapist requests those customers. In fact, a comprehension of the deliberate nature of behavior opens a rich field to help others to assess themselves.

The self-assessment principle is similar to the core of an arch. It maintains the reality therapy process in conjunction with the other WDEP Reality Therapy System interventions (Wubbolding,2011, p.23). The WDEP system calls these additions as: want, do, evaluate, and plan. Almost every letter in the acronym contains a group of thoughts and potential solutions that make the Choice theory operative (Glasser, 1998, 2011). In the same tone, flexible structure is established in the formulation of the procedures. The procedures are designed to provide an imaginative and flexible outline for effective counselors. They are not pneumatically accompanied consecutively. Instead, they can be used as an attachable and elastic delivery mechanism component. They launch previously unknown views in combination with an active understanding of Choice theory. Applying the WDEP system helps people to realize their needs, conduct, behavior, and perceptions they have of the world around them. The system corresponds to today's neuroscience condition (Wubbolding,2011, pp.45,46).

## **1-2 THE BASIC NEEDS OF CHOICE THEORY**

As William Glasser claims, all humans' behavior is purposeful. The purposeful behaviors come from character's attempts for the ability and knowledge to meet one of the basic human's needs, the basic needs that have developed over time and are now part of people's genetic system. These requirements are the main incentive for human beings (1998, p.17). The majority of individuals, parents, ancestors, family members are practicing external control psychology. Basically, they cannot get a long-term relationship which is extremely hard to achieve. It relates to human motivation which comes from the genetic side to choose a certain behavior. It relates to the basic needs which show the proper relationships among human beings (Glasser, 1998, p.16). Choice theory's basic needs are "Survival, Love, Power, Freedom, and Fun". The basic needs of humans are responsible for choosing the proper image in the human's mindset. The characteristics of human's basic needs on the side of choice theory stand on some factors. Firstly, universal. Secondly, Innate. Thirdly, Overlapping. Fourthly, Satisfied from moment to moment. Fifthly, Conflict with others' needs. The characteristics of human's basic needs are responsible for human needs. e.g. A character who wakes up in the morning, and feels miserable, surely, one of the basic needs is not satisfied.

According to Choice Theory, the basic human needs are: Firstly, love, and belonging which satisfy humans to take care of themselves properly. e.g.; the lover, family members, friends, the needs of belonging lead people to live along with each other. Secondly, survival is the most important need for human beings to live as much as they may live. Thirdly, Power is the most crucial aspect that leads humans to control themselves in life. Fourthly and fifthly, Fun and Freedom are like other factors, in which they are significant to the basic needs, and both make people live freely with fun. Freedom and fun do not have pressure, as people should practice freedom and fun in their life in order to live peacefully. All in all, these basics needs are crucial to satisfy human's genetics. People should do some activities, for example, training and reading a book to realize other literatures (Glasser, 1998, p.18).

### **1-2-1 SURVIVAL**

Survival is one of the basic needs of Choice theory that focuses on the individual's ability to survive. The Spanish word "ganas" has a relationship with the meaning of "Survival". Survival significantly stands on the ability to work hard and move beyond things. Survival in getting enough food to live or mentality survival of human beings, feeding the human's mindsets to survive from the mental states. Humans are all surviving biologically, mentally, or physically. In the same sense, sexual desire is a pleasure to individuals that fulfills their desire to survive. Moreover, people suffer from long-term diseases, they struggle and survive. From early life, humans try to survive as they open their eyes to know what is going on in their daily life; and little by little they understand the means of survival (Glasser, 1998, p.19).

From a Theory of Choice, proactive characters create actions to fulfill five global requirements or genetic instructions. Robert E. Wubbolding rather characterizes the five incentives as relatively hierarchical. The urge to survive or preserve oneself is more essential than the four psychological needs: belonging, inner control, freedom, and fun. For example, hungry characters often overlook the other necessities to protect their lives. In the theory of choice and in the practice of reality therapy, the need for belonging, albeit is not as fundamental as survival, nevertheless has a central place.

Personal workers working with the poorest of the poor regularly experience customer challenges that seem to be unresolved. They have various problems of both high and furious intensity. Employees are at a loss and feel powerless, however, they can offer a minimum of support by helping their customers improve at least one human relationship (Wubbolding,2011, p.21).

## **1-2-2 LOVE, SEX, AND BELONGING**

Satisfying sex and fulfilling love go along together in the majority of character's minds. Basically, the belonging need leads a character to live peacefully, especially the married people. The individuals should use their internal control psychology. As the relationship progresses and since individuals strive to dominate each other, the connection between sex and love turns from tiny to nonexistent. For example, the majority of characters try to control each other, they practice the external control psychology (Glasser, 1998, p.19). Individuals should understand each other. The ability to understanding is another name for love. They cannot understand "love" if they do not understand each other (Thich Nhat Hanh, 2014, p.7).

Indeed, relationship difficulties belong to long-term psychological concerns on the side of external control psychology. Glasser prefers this approach by stating that the improvement of human relationships help to relieve pain and sufferings despite the present problem. By defining three types of membership: family membership, employment belonging, and social affiliation, the demand for membership can be further concretized. This urge is mainly expressed in the family. For example, children must be safe, nurtured, appreciated, and be cherished as they grow up. In fact, children are born with the necessity to live with each other. The need for love is often not met and is even undermined by the employment of negative behaviors such as argument, blame, and criticism (Wubbolding,2011, p.4). Humans can get the sense of love of the external world but rarely get a belonging to the internal world, as belonging is difficult. For example, humans do not care whom to do sex with. They care for pleasure; they want to find a character who fits their soul. People do sex to fulfill other needs. e.g. survival and power needs. When sex is to be for one side, it relates to the power of

humans as when a man does sex with a woman they will share the power. Otherwise, sex belonging relates to friendship and fun. While a couple make love, both should get the desire from each, but if only one gets the desire and is satisfied the other will be in a problem.

The divorcing issue among married couples is a perfect sample of unhappy people. In this event, they do not know how to care for each other or how to do sex with each other. They always try to control each other but they miss the proper belonging and influence of each other. By all means, practicing to make love is not easy to get both to be fully satisfied. Love and caring are two significant attitudes for educating children and can grow up a generation full of hobbies, optimism, help, and all the good things that individuals nowadays feel that they are empty of and do not feel or smell the planet as much as possible (Glasser, 1998, p.20).

### **1-2-3 POWER**

The word power stems from the French word "pouvoir," which means that an individual can do without any regard to another character (Wubbolding,2011, p.5). According to Wubbolding, there is power when there is a specific human need. Moreover, Humans use power as part of their desire to survive, create love, and obtain their demands. They want freedom or fun and they seem to learn and have fun, at least when they are young. But power is special to individual's species in that they crave power for power. Another key point, animals get aggressive when they are threatened, want sex, want food for themselves or for their young, but the issue is for survival rather than dominance. If animals are fed sufficiently and are not fed by others, they are not to be hostile. The only creatures driven by power are people. Thus, this drive for power is what transforms survival and regulates life for the majority of human beings. The characters agree that they are sufficient in what an individual may want, but want the pleasure of obtaining more. Even though getting more often means that others are getting less. Even longstanding friendships are susceptible when one friend seeks considerably more power than the other and tries to achieve it. On the negative side, it is

difficult to be friends with the presence of greed and status absorbed (Glasser, 1998, p.21).

Tomassi (2013) states that power is not a financial achievement, prestige, or influence over others, but the extent to which humans manage their lives. Majority of individuals have power when they comprehend each other, especially the married couples when they struggle to live peacefully (p.61).

Duhigg (2012) states that the individual's habits are power. Therefore, habits can come out or be purposefully designed beyond individual's minds. They typically happen without their consent but can be reworked through toying with their elements. Human's habits are much more shaping their lives than they actually know. Habits are actually so powerful that they make individual's minds stick to them, at least not in terms of common sense (p.43).

Greene (1998) states that power is mainly amoral and the capacity to look for conditions instead of good or bad is one of the most crucial talents. Power is a game that cannot be performed too often-and humans judge the opponents not through their intentions, but through the results. Evaluate strategy and power through what an individuals have seen and experienced. It is normal for characters, provided they have done good to cover up their deeds with all kinds of rationales. Humans must learn every time to chuckle inside and hear and not be attracted by a number of moral opinions that are really an excuse for the accumulation of power to gauge a character's intention and conduct (p.21).

## **1-2-4 FREEDOM**

Glasser (1988) claims that freedom is one of the basic needs that focuses on the difference between being free and power. The more a person feel free, the more he can balance. Humans should not allow power to control them as freedom which is a basic need. They should get the freedom to express themselves, to obtain their ability, and achieve creativity. As an illustration, they should get freedom from those who want to



dominate them, they have to think and live intellectually and follow what they believe to satisfy their needs (p.22).

Gatto (1991), in his book *Dumping Us Down*, states that the things were substantially different in the United States a few generations ago. Originality and diversity were in high demand, and people's lack of regimentation made them the world's miracle. Citizens were marvelously confident, imaginative, and capable of doing much for themselves independently, as well as thinking for themselves; social-class borders were generally simple to transcend; and the individuals were delightfully confident, ingenious, and capable of thinking for themselves. Americans, without a government, are individuals that have something exceptional, with all aspects of life stuck in and measured, without institutions and social organizations telling people how they believe and how they feel. As individuals, as Americans, they were something remarkable (p.48).

## **1-2-5 FUN**

Tolle (1997) says that Fun does not essentially require humans to change what they are doing when there is no joy, facility, or pleasure. Changing the way may be enough.' How' is more essential than 'what.' See if an individual can focus considerably more on what they do than on the results they wish to attain. Given whatever the moment is to have "fun", is to give complete attention. This means totally accepting what characters are because they cannot pay full attention to something and oppose it at the same time (p.46).

Glasser (2005) states that it makes learning easier to meet the demand for fun. Children learn math through play, increase readability and improve socialization skills. The British comedian and author, John Cleese, says "he learns best who laughs most". The often mentioned philosophy of Maria Montessori includes, "What learned by play is to remain." (Wubbolding,2011, p.7).

### **1-3 RELATIONSHIP AND HABIT**

Gottman and DeClaire (2001) state that problems in a relationship do not cease in infancy. Similarly, problems often grow up through adulthood, impeding the capacity of a person to locate and maintain a partner. The bidding process can easily be seen concerning the dating process. Additionally, an individual can argue that it is all about making successful offers for emotional connections. Humans who are capable of reading and responding appropriately to a potential partner usually have greater love than others who do not have this ability (p 34).

The theory of Choice suggests that happy couples respond better than those with relationships on the rocks to one others offers. At all ages, emotional communication abilities can be learned and improved because the greatest test of this competence is as a couple begins to pursue a more intimate relationship with each other. If partnerships can go forward in ways that satisfy each other mutually, their bonds increase. They destroy their connection if they start turning apart or fighting against one other (Gottman and DeClaire, 2001, p 35).

Choice theory shows individuals how to increase their ability to act responsibly. The theory points out to Seven Connecting Relation Habits that humans may use in their relationships. These habits help an individual to live a healthy life. Connecting Relationships are "Supporting, Encouraging, Listening, Accepting, Trusting, Respecting, and Negotiating Differences". Disconnected Relationships Habits on the contrary are about external control. Using Disconnected Relationships Habits guide a person to too many issues and misunderstandings in life. The Seven Disconnected Habits are "Criticizing, Blaming, Complaining, Nagging, Threatening, Punishing, Bribing, and rewarding to Control" (Glasser, 1998, pp. 71 to 77).

The impact of a defining event can easily be overestimated and the worth of making minor improvement everyday gains might be underestimated. Tremendous success too frequently calls for massive action. Regardless of whether it is a weight loss, business growth, producing a book, winning an international championship, or reaching

any other goals, press for a terrestrial improvement about which one is about to discuss. Meanwhile, it is not really significant to improve by 1%—it is sometimes not even visible—but in the long run, it can be much more meaningful. In the long run, a slight improvement may make a surprising effect over time. If an individual can get 1% in a year improvement every day, then by time this person gets thirty-seven times of an improvement. In contrast, if an individual gets 1% worse every day for a year, that person drops almost to zero. An effect that begins as a modest win or a small reversal is a lot more (Clear,2018, p.18).

Humans are genetically different; they are different from their basic needs. Some of the individuals need love and belonging, some others tend to power or fun, and others tend to have "Survival". For example, the family which has a sister and brother has its basic needs. Continually, the girl might be jealous, sad, and conservative while her brother might be noisy, liberal, and optimistic. "It is a fact – from experience that being severally anxious is depressing. Anxiety can impede a relationship, impair the performance, constrict the life, and limit the possibilities" (Stossel, 2014, 35). Choice theory asserts to characters that they have to follow the right path. Although, there is the fact that individuals should practice choice theory in order to have a certain path. Glasser states that a dependent character is free, his personality is developed by many images as quality world to have a proper life in the future. For example, couples who need to get married, should realize their differences, and have to understand their characters properly. Furthermore, they have to use a negotiable platform instead of blaming or controlling each other which does not work for anyone of them. Glasser (1998) asserts that if they are not using choice theory, and if they are showing their power and they do not negotiate to solve the issues out properly, they tend to be in a miserable condition by blaming each other for issues raised among them (p.43).

## **1-4 CHOICE THEORY AND THE QUALITY OF LIFE**

Quality of life is defined as the degree of brilliance in life. In contrast to a certain explicit or inferred standard measure, it is most commonly the case in particular societies (Oxford English Dictionary, 1989). The quality of "the finest way to live" or "bonne life" might vary from high to low or from good to poor (Veenhoven, 1984). The quality of life is generally expressed or inferred in contrast to the amount of life (e.g., years), by being excellent, satisfactory, or pleasant. Quality over quantity is clearly assessed by the Stoic philosopher Seneca (c. 4 B.C.–A.D. 65): "Life as a drama matters; the things that count is not how long but how excellent they are" (Hadas, 1958, p. 63). In this context, common definitions are based on greatness or goodness in areas of life that move above mere survival and longevity. They concentrate on domains or facets of society that make living especially pleasant, happy, and useful, such as productive work, self-realization, and a decent standard of living (as in the entire development of strengths and skills) (Frisch, 2005, pp.19,20).

Self-evaluation is a basic change that is described by Glasser (1972). Regardless of its theoretical guidance, self-evaluation can be very helpful to Humans. Glasser has even stretched its application to incorporate the development in which Glasser's quality School is a basic element. Quality School is the consequence of implementing for a number of years thoroughly and comprehensively the principles of Choice theory and reality therapy that achieve the goals of improving individual's achievement and behavior (Wubbolding,2011, p.2).

The idea of the quality of life has been a serious factor since its roots in environmental psychology. The word "quality of life," although its conceptual substance has constantly and continually been there at the very early part of a discipline, is expressly employed quite late in environmental psychology. Studies on the quality of life in psychology stand on some issues, because of the many varied perspectives and epistemologies. Also, the theoretical views of environmental psychology, because of the numerous concepts and quality of life measurements. This begins with the concept that each environment produces experiences that favor the most relevant ecosystem features,

i.e. natural, cultural, social, economic, and psychological characteristics. This affects human conduct, which is social by definition. Indeed, experiences, expectations, hopes, disappointments, and satisfactions, like the neurology, biology, and physiology of humans, are dependent on the setting. Some scholars try to construct causal linkages that are too easy in particular areas of enormous enthusiasm which contain significant ignorance, therefore, thwarting the expectations of certain social actors (Ghozlane Fleury-Bahi. Enric Pol Oscar Navarro, 2015, p.3).

The world of quality is an integral aspect of an individual's worlds. Dr. Glasser characterizes the world of quality as a "personal imaging album" of all the individuals, objects, concepts, and values they have learned to improve the quality of their lives. Although basic human needs are the overarching incentive for all human nature, the quality of the environment is the particular drive. The basic human needs outline what the individuals require, whereas the quality world pictures show how they meet those requirements. The fundamental human requirements are common, but individual quality worlds are distinct. The pictures in our quality world are: Firstly, they meet one or more of human's basic human needs. Secondly, they are changing and changeable. Thirdly, they are unique. Fourthly, they often conflict with each other. Fifthly, they are varying in levels of intensity. Sixthly, they vary in levels of attainability. Glasser tries to compare the location to a scale. While individual's scales are balanced, as what they really want is what they have, they keep doing what they are doing now. Once their scales become out of balance, they experience the frustration signal, as well as the urge to act (1998, p.24).

The wide variety of hobbies, sports, and enjoyable activities exemplify the limitless number of satisfying fun images. Some individuals like collecting coins, while others value collecting butterflies, running, or playing cricket or football. In certain cultures, cheering and playing are funny when characters compete brutally between a snake and a mongoose. These photographs are occasionally hazy. For instance, an individual may wish a relationship with an individual but still has to specify the other person's specific qualities (Wubbolding,2011, p.12).

Choice theory states that humans' worlds are different from each other. These worlds are filled by such pictures that take space in their minds. These pictures are ideas, present or past experiences, and beliefs that come to human's worlds. Humans do not know about their needs; they know about how to feel well. Hence, they try to put the type of picture in their mindsets, particular things, and ideas to feel good. "Control leads to compliance; autonomy leads to engagement" (Daniel, 2009, 61). As Glasser states, the driven quality world is the main way to care too much about some beliefs that come to the mindsets. e.g. If Humans are under pressure, overthinking such material things, they will feel overwhelming. As a couple they want to get married, start a new job, new home, get over alcohol issues. Thus, they put an idea in their minds that they are not going to be peaceful. They have to put a nice picture in their mindsets in order to satisfy their basic needs and live along well. In the same line, Choice theory states that an individual is responsible for his/her life in choosing all the pictures religiously, politically, communistically, behaviorally, systematically, biologically, physically, socially, scientifically, mentally, healthy, musically, technologically, and educationally. All the pictures show how the way people choose to appear, and all these pictures are a type of food, in which people can feed their world in a great approach. According to Glasser, "the quality world is just like a mirror when people look at the mirror they can see themselves, it reflects the way they look out". When a child is born and the parents might be applying Choice theory as a good version as it can be, feeding the child type of quality world will totally fit the baby. As a result, the child becomes a character who drives people to make a difference in life (1998, pp.25,26).

## **1-5 CHOICE THEORY AND BEHAVIOR**

Glasser (1998, p.35) clarifies that in choice theory, humans' attitude-behaviors are of four components: "action, thought, feeling and physiology". Firstly, acting is the most important component. For example, when individuals are jogging, they are in the act situation. In fact, while they are jogging, their minds are talking, such as the feeling of gladness, beautiful day, and exhilaration. The people's physiology is awake. The brain and the body are connecting. The four components are present, however, they are referred to as the behavior after the most prominent component, i.e. acting.

In contrast, a behavior called after a sensation or feeling component may be furious. But while an individual is angry, he may be thinking, "How dare this person treat him this way!" He may be doing something like yelling or pacing. People's physiology quite likely involves muscular tension and shortness of breath, among many other things. Then, there is a behavior called meditating which comes after the thinking component. While a person is meditating, his acting behavior is sitting. His feeling component is contentment, and his physiology is slowed down. Finally, shivering is a behavior which calls for a physiological component. When a person shivers, he may be frustrated. He could be wondering to himself, "Why didn't I wear a coat?" and tries anything he can to stay warm, such as jogging in place, snuggling up to his spouse, and so on. It is good to consider total behavior in the teaching and learning of choice theory and reality therapy as analogous to a case of four behavioral levels. Glasser refers to this procedure, as the creativity of individuals who always work, either or not they make the decision to use it (1998, p.20).

Wubbolding (2011) states that humans from completely different cultures have realized ways of expressing themselves, and an acceptable behavior to a person from a different culture can be quite unacceptable or at least confusing. To actually understand how behavior works as a unit, humans may think that total behaviors are similar to how a car moves. The front rolls symbolize action and thinking and the back rolls represent physiological and emotional sensations. The whole coach follows when the driver turns the front wheel. This shows that changing the behavior is the first choice and changing thinking or self-talk in a very direct way is second. The analogies between car and case are limited. The other components of total behavior may not be changed immediately by an immediate change in actions. It often takes time for individuals to change what they do in order to feel better. Depressed individuals initiating workouts do not always expect an instantaneous difference in thoughts, feelings, and physiology. However, there are at least some positive changes in thinking, feeling, and physiology that follow the change in actions. The four components remain constantly present, as well as the most noticeable component is human's current behavior. When one wheel stops moving or stops speed, the other wheels obey (p.19).

All these four components are always present and the other three change accordingly when one of them is changed. Glasser says that all behaviors are selected. The most controlled component is the acting and thinking which is the next element that is most easily controlled. Therefore, the most effective way to change the way individuals feel physically or emotionally is to change what they do. If they cannot change what they do, because of the scenario, they may change what they think. For example, if an individual is frustrated during his day, she can get angry, the body can be tense, or can think " I hate my job," and could complain to a colleague. The behavioral component, which complains, may not help to make him/her feel better whether physically or emotionally. Therefore, if the constituency is changed, and say, moves quickly, the way to think is likely to change That makes feeling better both physically and emotionally (Glasser, 1998,31).

Choice theory focuses on independent human behavior. The theory explains that everything individuals do in their daily lives is chosen by themselves in order to fulfill the five basic human needs which are built into the human's genetic structure. Choice Theory examines individual's beliefs in real life and the real problems that the majority of the individuals face which is getting along well with each other. This theory is applied to Tuesday with Morrie which examines Mitch Album's and Morrie's lives in the 1990s. Chapter two is devoted to Tuesday with Morrie. It is a novel full of diversity and pearls of wisdom, written by Mitch Album who is the main character in the novel. On the other hand, Mitch's instructor is Morrie who teaches Mitch many fundamental subjects such as death, love, life, pressure, and the material things of daily life that most characters are choked with. Mitch who is in a difficult situation, changes his attitudes towards life and applies this psychological theory to his life. He understands the basic needs of human beings in the light of Choice Theory and how easily a person can develop his personality with a given period of time. With this intention, the study encourages individuals to have faith, to follow their energy, and to satisfy their basic needs in order to make a difference in their lives.



## CHAPTER TWO

### WILLIAM GLASER'S CHOICE THEORY AND *TUESDAY WITH MORRIE*

#### 2-1 LITERATURE REVIEW

Mary E. Weems in (2001), in her article, talks about Mitch Album's book, *Tuesdays with Morrie: An Old Man, A Young Man and Life's Greatest Lesson* (1997), the novel by Mitch Album came into the lives of the poet during times when her immediate family and her closest acquaintances had death and terminal diseases. In the Deweyan sense, it symbolizes excellent art since it is based on daily living experience. It is a case study that confirms life, a series of tape-lines discussions between Album and his dear undergraduate professor, late Morrie Schwartz. The poet was motivated by her own mixed African American cultural viewpoint to connect with the book and to develop new work.

Andy Lai in his article (2014), reading the book on *Tuesday with Morrie*, examines the essential challenge faced by the community and mostly the human race: Humans risk their own lives to earn money so that they might utilize the money to keep their lives for something later in their lives. After reading the book, Morrie spends his last days explaining the essence of life to his closest pupil Mitch. It seems that this is the cause why the notion of connection, love, compassion, pardon, money, regret, and death is often focused on Morrie. He attempts to approach the basic problem of spending time in human beings looking at things they do not want or desire, but what they believe would assist them in society only to learn that they regret what they had done later and that they wanted to do better.

Rahmahwati, in his article (2015), confirms that humans frequently know that they have to find their life's significance. The primary character in *Tuesdays with Morrie*, Morrie, in the Mitch Album novel, illustrates that quest for life is a process. This study intends to examine how Morrie investigates the meaning of life and how this

process also affects the supporting person, Mitch, who seeks to understand the purpose of his existence. The methodologies employed in the study include bibliographical research and the psychological method of foreign analysis. This research employs the existentialism of Viktor Frankl, who focuses on the three paths of the analysis of the extrinsic dimension of this novel. The analysis indicates that Morrie and Mitch discover the purpose of their lives effectively through something created. They experience something or meet humans. The excellent work they do jointly is to create their last work, which offers benefits not only to them but mostly to everyone around them. Touching something or meeting individual provides both a profound knowledge of the value of love and the bond between humans and the necessity of materialism. Suffering enables both to accept all things genuinely in their lives. These efforts effectively transform their view of life into a greater understanding that takes them into a better future.

This study aims to analyze the sorts of values contained in *Tuesday with Morrie*. It intends to evaluate the sorts of values of living in the novel *Tuesday with Morrie*. There are four research methods in this study, namely: the data resource, data collection and classification, data analysis, and the analysis results which are presented later. All statistics from Album's *Tuesday with Morrie* are obtained during the study. The study indicates that two types of value are generally identified, entertainment value and instructional value. There are three attributes related to educational worth, such as society's value and civilization's value, moral-ethical – religious value, and practical value. The study results also demonstrate that all data may be integrated into the everyday life of humans.

Lestari, in her study (2007), talks about the idea of the influence that happened to Mitch by Morrie. The tips that made Mitch believe Morrie rightfully. The characteristics of these alterations are much improved, quantitative, and fast. The self-design of Mitch changes as well. Mitch alters his conviction that money is happiness. He, therefore, feels that love is a true joy. Mitch has an educated and intellectual character.

After reading and evaluating the research conducted earlier, it is evidenced that Mitch's work has not been analyzed according to Glasser's perspective. The work is examined by few researchers. As the preceding paragraphs demonstrate, criticism has mostly focused on genuine concerns, for example, money, which ruins the relationship. Thus, the Choice theory on *Tuesday with Morrie* is a unique study, and evolves such great work by mixing Psychology with Literature.

## **2-2 CHOICE THEORY IN *TUESDAY WITH MORRIE***

American literature has a history of oral literature which thoroughly started in the 17th century by the Europeans who spoke English and came to the United States. First, American history started from the Colonial period (the 1490s to 1700s). The native American characters, the original residents of the continent, have not generated anything that can be called literature - their histories and poems have passed orally. John Smith and William Wordsworth were two of the greatest writers. Secondly, during the revolutionary period (the 1700s to 1800s), as the colonial regime and the connections with Britain grew dissatisfying, the literature altered gradually. The writers prevailed politically, anti-British and revolutionary, rationalism and insight. Thomas Jefferson and Benjamin Franklin were two of the most significant features in that period. Thirdly, the period of Romanticism, as the Romantic era was a revolution against classicism and its virtues, including rationality and form. The American romantic variation differed to some extent from the European one. American realism and modern realism are two periods which have many authors and schools that developed American literature, such as, Chicago renaissance, the lost generation, with authors, such as Stephen Crane, Ezra Pound, T.S, Elliot, and Toni Morrison. (SJ, 2014, pp. 1 -11).

Mitch Album is an American author whose books are widely known in the world, especially *Tuesday with Morrie* which catches the sense of humanity. He was born on 23rd May 1958. He came from a Jewish family. He started his journey by practicing sports journalism, then changed his career to be a writer. He was influenced by his professor, back in the university. He is an ambitious man, who is affected by his

uncle's death and started looking to his past. Once he said, "don't expect life to finish here". He is a passionate man who always considers life far away from drama. In the same fashion, he wrote more than ten books, in which one of the memorials of his book is *Tuesday with Morrie*. It is his first book, and narrated by Mitch, himself. He has tried to grab the reader's attention to his idea of the book. Mitch published the book in 1997, the book started growing and it rose slowly six months later, and reached number one. The text was written in the 90s which is the post-modern period (Album, 1997, p.152). Farhan (2019) in his article talks about "Post-Modernism". Postmodernism is the belief that individuals are both intelligent and allowed to choose what valuable truth is for themselves. This phrase was originally seen in the 1870s. Basically, the phrase was not commonly used until the late 20th and early 21st century. The majority of the individuals who maintain postmodernism do not wish to be categorized, which is why the phrase is unlikely to apply to individuals themselves. But now that the society contains many postmodernists. In the previous era, the truth has been a plain reality recognized by every generation. The concept of truth is less obvious to postmodernists. As the individuals in post-modern times have looked for truth, they rely on their findings not on the truth acknowledged by their own family, society, or religion but on their own studies, personal experiences, and connections. In sum up, this does not imply that postmodernists do not believe in truth; it only means that they identify truth.

There have still been some authors who credited on *Tuesday with Morrie*, such as, M. Scott Peck, M.D who wrote "The Road Less Traveled, "This book is an incredible treasure. One's sense of mortality is a great teacher and source of enlightenment. I laughed, cried, and ordered". Alex Kollwitz who wrote *There Are No Children Here*, "All of the saints and Buddhism have taught us that wisdom and compassion are one. Now along comes Morrie, who makes it perfectly plain. His living and dying show us the way". They have their own special credits on the book, they raised the book and gave it all it deserves. It is a book for all characters, teachers, doctors, engineers, And farmers. All the individuals need such a book to grab their attention. Apparently, the reader gets reborn again and starts appreciating his life, although such books are great and humans should notice them. The novel talks about

love, peace, poverty, richness, appreciation, death, pressure, respect, wisdom, success, frailty, aging, forgiveness, friendship, compassion. These themes that the majority of humans struggle for in order to lead themselves to live properly (Mitch, 1997, pp.2\_5).

This novel encourages the individuals to be aware of life. This life has been corrupted by many problems. Problems that limited the individual's visions. The individuals have been restricted in their ability. They have been strangers, brainwashed with material things. They forgot what the real meaning of life is. Particularly, the majority of human beings are working too much, and lose their energy in their working. They need jobs to get money and get a state of living. They tend to get material things. In the same case, there are other individuals can live with no complaining. They are able to accept their situations and compare themselves with people who are in negative situations by focusing on complex simplicity that makes characters have positive power. For example, Mitch wakes up in the morning, brushes his teeth and does great work during the day.

I wrote articles about rich athletes who, for the most part, could not care less about people like me. I was no longer young for my peer group, nor did I walk around in gray sweatshirts with unlit cigarettes in my mouth. I did not have long discussions over egg salad sandwiches about the meaning of life (Album, 1997, p. 35).

At the beginning of the novel, Mitch starts to turn on the television. There is a program on a terminal disease. He watches his professor who is an old man with a terminal disease; he taught Mitch a couple of years ago. His professor's name is Morrie who struggles with a disease. In this case, Mitch starts blaming himself that he has neglected his professor because of his workings. He starts visiting his professor on Tuesdays, where both Mitch and the professor agree to pick up a topic in their daily lives and they will talk deeply about it. Although, the professor is in bed, he has been in negative situations. But he still gives a positive attitude about life, he does not quit and tries to demonstrate the type of life that will be affective for human beings. He wants to become a great character that affects the individuals around him. Thus, he influences people by the nice deep attitude that he chooses in his daily lives. (Mitch, 1997, p.23).

Mitch has been influenced by his professor. He gets priceless ideas about life. The individuals have neglected these gracious sides, all about positive power. Choosing this book and applying Choice Theory will be great to tell the readers what is the significant side of Choice Theory in the study. Basically, the book definitely fits the Choice theory. The theory shows the difficulty that Mitch has been lived in his life and he could change his attitudes to positive and affective character. In the same case, the theory will help the individuals should realize how to choose their lives properly. Choice Theory psychology is internal control psychology as stated in chapter one. Human beings are not aware of controlling themselves, they do not control their inner psychology techniques, for example, satisfying the five basic needs. They should choose their path by themselves. Oppositely, the majority of human beings choose external psychology, they have struggled to live such meaning life. As the book insists, the individuals live in difficult situations. But the means to eliminate difficulties depend on themselves. They have to do action, eliminate negative thoughts, and practice good positive power that the Choice Theory encourages the individuals for. As a study, Choice Theory is to be applied to *Tuesday with Morrie*. In addition, this study goes deep into the individual's psychology to get ideas from different types of character in order to lead the readers to realize the significance of the study.

Mitch feels that life is worthless. He lost his uncle. He struggles with this problem, wants to get a purpose for his living in life. He has some memories with his uncle, teasing girls, teaching Mitch driving, and playing football with his uncle. Mitch is in a bad situation; he wants a person to rescue him. Morrie lost his mother when he was a child. They have the same situations. Morrie comes and changes his attitude. Figuratively, when humans are in a bad situation, they use all their energy for the problem, not for the solution. Correspondingly, this is the easiest way that they should do. They think that the world has stopped for them, and they use themselves as drug addicts or alcohol addicts. Thus, they ruin their souls for such bad things. In the same tune, human beings get pleasure for just a short period. They want to get an anesthetic, as an approach to solve their issues. Happiness research discoveries have sacrificed several "holy cows" by disapproving long-held ideas. They now understand, for

example, that good emotions such as happiness and joy are relatively independent of bad emotions such as despair and worry. Indeed, research in this field has persuaded the majority that the characters should extend the criteria for psychological health and adjustment to include personal pleasure, satisfaction, and a capability for fun, rather than focusing solely on the negative aspects of mental disease and pathological symptoms (Diener & Seligman, 2004; Frisch et al., 1992; Kazdin, 1993a, 1993b, 2003; Ogles et al., 1996; Strupp, 1996). In fact, specialists in psychological health have ignored a whole field of good or positive psychological functioning where mankind needs to see in a person's holistic knowledge. For years, Hans Strupp, a prominent psychology professor at Vanderbilt University, argued that the final criterion ought to be a customer's pleasure or satisfaction to evaluate if psychotherapy or medicine is helpful in psychological disturbance treatment (Strupp, 1996; Strupp & Hadley, 1977).

Psychiatric symptoms test and unpleasant sensations simply offer no image of "mental condition," psychological well-being, or treatment success, As Dr. Strupp says. These conclusions are the foundations of quality of life therapy and others in the study literature on goodness, good psychology, and quality of life. It relates to the idea of survival, by surviving in this social prestige life. One of Choice Theory's basic needs is survival. Survival is one of the needs that humans feel should have for staying alive. The various functions of the human body are aimed at maintaining health and living. Freud himself acknowledged that their survival requirements and derivatives are vital to an effective life. He once remarked that a man cannot be in love with a toothache. Mitch has survived, psychologically, he was not interested in life. He has a trauma then the traumatic situation that his uncle was dead has decided on Mitch's life that life is worthless. According to Glasser, people choose their path by themselves, they have to survive which leads themselves to be able to change their attitudes. Mitch is an example of a painful character. He makes himself a great character by going to meet his professor on Tuesdays. He chooses the rightful path, though he was in pain, and could satisfy his needs by putting such nice ideas and practice them during his days in life. Time goes by, and he visits Morrie on Tuesdays. The readers can see Mitch in the different side of life which they think is not available high to survive peacefully. "I want

to live". This quote relates to basic needs, the survival need of Choice Theory (Album, 1997, 27). Mitch wants to survive in this world. He wants to look for the meaning of life, get a dream, make a few differences that make him feel great.

Albert Einstein remarks, "At the same level of understanding that was when it was built, the major issues that mankind faced cannot be resolved. As people look about themselves and see the difficulties they create, while living and interacting within the ethic of personality, they start to realize that these are profound and fundamental difficulties that cannot be resolved superficially" (Convey,1989,21). On the other hand, creativity is an absolute solution and a way to get over some basic nonsense beliefs that control human beings. "A life without creativity would be hardly worth living" (Glasser, 1998, p.60). Characters should realize how to be active, creative, and how to break the routine. As shown in this quote with Mitch, he struggles from his pain, the pain that his uncle was dead. He suffers from his absence. A type of pain that Morrie can understand as a bad situation because his mother was dead and he was adopted by his stepmother that cared for him. But, creativity has been one of the techniques to get over from this type of disease.

"There are some mornings when I cry and cry and mourn for myself. Some mornings, I'm so angry and bitter. But it doesn't last too long. Then I get up and say, 'I want to live ' "So far, I've been able to do it. Will I be able to continue? I don't know. But I'm betting on myself that I will." (Mitch Album, 1997, 27).

The individuals have to realize how they get along with themselves. Once they know how to live alone, they can live with others, as Daniel Defoe stated in his novel Robinson Crusoe in 1719. Crusoe lived alone and practiced how to live, understood how to survive, while "Friday" was coming, Crusoe wouldn't need him but he was happy when he came. So, Morrie, is ready to live alone, he knows how to live, he was not afraid. Morrie has shown his brain to become a positive character. He gets away from the negative side. In essence, having the ability to choose the right side by focusing on positive power changes a person's attitudes towards good sides.



Morrie shows the way that he struggles in this life. Morrie's sickness and his positive belief message for a person to become strong and have the ability to survive in life. Glasser states that one of the contrasts between animals' human survivors is that people in early childhood realize both now and in the future the necessity to survive. Human beings strive to conduct our lives in ways that lead to life (1998, 18). The way to survival is available for all beings, whether humans or animals. Anthony Robinson is a motivational speaker in his book *Awaken the giant within* stated that He has learned and chosen his awful decision better. Despite advice from all the specialists surrounding him, the only option to live is to declare bankruptcy is the only way to survive, He decided to find a way of changing things and produced one of his greatest successes in life." (Anthony Robbins, 1991, 27). Things happen in life for people to get more experience. Humans fail and fail and after a terrible failing, they know how to decide their destiny and survive perfectly. Survival is mandatory for people especially; Morrie who has shown it with his disease. The way he struggled with his dying disease. Morrie sees some lines from his disease that make him a type of good character, and learns a good lesson from this disease. The following quote shows his difficulties:

"Morrie's doctors guessed he had two years left.  
Morrie knew it was less. But my old professor had made  
a profound decision, one he began to construct the day,  
he came out of the doctor's office with a sword hanging over  
his head. Do I wither up and disappear, or do I make the  
best of my time left? He had asked himself" (Mitch Album, 1997,  
19).

Characters should work hurry in this life. They are using all of their energy to get a living. they are working during the day, and have lost their freedom. They paying attention more to material things. They have been just like a machine, seeking money, and worshiping material things by focusing to have a car and a house. Morrie teaches Mitch, saying life is greater than a machine and greater than worshiping a desk or a computer. Morrie encourages Mitch to talk to people, saying that their life should be emotions, getting a simple life. As it is clear, the majority of the individuals nowadays are not listening with their emotions. As Mitch states, Humans are dead with good communication. There are no real engagement attitudes among each other when they

are talking. People's platform communications are not based on real communication (1997, p.107). They have basic, small talk. such as "what do you do or where do you live". They should talk; they have to take joy from life. "The laws of the universe will appear less complex, and solitude will not be solitude, nor poverty, nor weakness. If they have built castles in the air, their work need not be lost; that is where they should be. Now put the foundations under them" (Henry David Thoreau, 1882). He decided to live in the woods, far away from capitalism and worshipping material things. As many people did this route before, they have lived in remote places, such as philosophers, religious, and spiritual character. It is his philosophy to live alone, by living simple, not getting too many things. Whereas, He talks about the American character at that time, that they want more and more things, more money, day after day they were getting greedy. For example, buying a big house, nice furniture, and a nice car. He points his attention to explaining the big gap of himself in that he has been a machine, just living for things, not for himself. In this way, this materialism and capitalism are available even nowadays, buying a computer, iPad which lead characters to be unhappy. He said this is unhappiness for the humans but they don't know exactly how to get away from such stuff. Besides, he states getting happiness is by focusing on fewer and fewer things. Getting a simple life, become that as it may, the individuals will enjoy life by getting fewer things. He says if they can say so, they will have the ability to do so. The more confident charters are; they will get their dream easily by relying on themselves. He states the more individuals make their life simple, the more their life will be easy and far away from the corrupt material life. Don't just dream, they have to take action as well, work hard and expect less to get happiness. So Mitch and his generations nowadays that they want to live and getting happiness, they should expect fewer things than they imagine because when the proper time comes and cannot get it. They will feel sad and getting depressed about these things. To sum up, this is a decision on how to live peacefully and get away from material things that Social media and televisions have shown for the individuals towards becoming greedy. They have shown life with capitalism, restricted characters by letting them focus on things not for themselves.

According to the study, the Choice Theory psychology states that freedom is one of the basic needs of humankind. The only one who can have control over his actions is the person himself. If individuals are prepared to undergo alternative punishment or death, nearly always serious, no one can accomplish something that others don't want to undertake. If individuals are being punished, they seldom do whatever they do effectively. When individuals start realizing that they can only manage their own behavior, they instantly start redefining their own freedom and often discover themselves far more freedom than they know, they can determine how far they are prepared to abandon personal freedom. For instance, when a female character tells her spouse that she is going to leave him until he treats her better, then she is redefining her independence. She has always had the option to go; what she must now decide is how much freedom she is prepared to give up if she remains. Humankind must constantly evaluate how essential freedom is to them in order to take control of their own life, which's always available. As Choice theory says, if a character gets satisfied with his basic needs, he will get a great life. He will develop a good relationship with their partner. Characters of good quality high level of understanding. They are working, they are not listening to their souls, passions, and their identity. Thus, they have been controlled by material things. At the beginning of his life, Mitch is a great example, he is separated from his partner. He is in a world full of diversity of things. He works, wants to have money, and accomplishes his name as a successful character. Mitch cannot find time for his family to stick around with, and he has a problem with his wife. Little by little he could change himself by his professor who taught him the meaning of life.

Choice Theory supports simple life by getting less and ignores negative opinions. One of the axioms of choice theory is focusing on an individual that should control himself. Walden fits the Choice Theory by inspiring characters to get less money or things and they will be happier. The below quote shows the dialogue between Morrie and Mitch concerning material things. Mitch always got the pressure of life because of material things. Morrie has told him that getting happiness depends on freedom. Individuals should focus on little things.

"Part of the problem, Mitch, is that everyone is in such a hurry,"  
Morrie said. "People haven't found meaning in their lives,  
so they 'rerunning all the time looking for it.  
They think the next car, the next house, the next job.  
Then they have those things are empty, too,  
and they keep running." (Mitch Album, 2007, 107)

While individuals cannot access the power of the present, all the emotional agony they encounter leaves behind a remnant of pain. It blends with the grief of the past that already was there and is embedded in their body and psyche. This naturally involves the suffering that people have endured as a kid, due to the unconsciousness of the environment they have been born into. This piled pain is negative energy which has taken up residence in a person's body and psyche. If one considers it as an unseen creature in and of itself, he is getting very near to reality. It's called the emotional pain-body. It exists in two states: dormant and active. A pain-body may be inactive 90% of the time, but in a truly unhappy individual, it may be active 100% of the time. Some individuals live almost exclusively via their pain-body, whilst others may only feel it in particular contexts, such as close relationships, events involving prior loss or abandonment, physical or mental anguish, and so forth. Anything can set it off, especially if it reminds one's painful memory of his past. When it is ready to awaken from its latent state, it might be activated by a simple thought or comment made by someone closest to him. Some pain-bodies are irritating but reasonably harmless, such as a toddler who refuses to stop whining. Others are cruel and destructive devils. This might manifest as an annoyance, impatience, a downcast attitude, a desire to harm, wrath, fury, despair, a need for drama in the relationship, and so on. Capture it as soon as it emerges from its slumber. The pain-body, like every other creature in existence, wants to live, and it can only survive if a person instinctively identifies with it. It will feed on any event that connects with its own type of energy, anything that causes further suffering in any form: rage, destructiveness, hatred, sadness, emotional drama, violence, and even sickness. The pain-body, therefore, creates a scenario in their lives that reflects its own frequency of energy to feed upon when it takes individuals away. Pain may nurture pain exclusively. Pain is not able to feed on joy. It seems to be quite unworthy. Once Human beings have got the pain-body around, they want more pain. They are

becoming a victim or an offender. They want to inflict pain Thus; They should not allow the sensation to become a thought. They should keep staying in present and seeing what is going on inside them. Taking notice, not just the emotional anguish but also the quiet watchman "the one who watches." That's the force of the Night, the strength of people's very existence (Tolle, 1997, pp.28 to 30).

In March of 1995, Morrie had an interview with Ted Koppel, host of ABC-TV 'Nightline'. The weather was too cold, Morrie's house covered with snow in Massachusetts. Morrie was confined to a full-time wheelchair, and had become accustomed to assistants moving him like a heavy sack from the chair to the bed and the bed to the chair. He started to cough while eating, and chewing was a challenge. His legs are dead. He had never been able to walk again. Nonetheless, he fought as not to be depressed. Also, Morrie, had become a lightning rod for ideas. He scribbled his ideas on yellow pads, envelopes, folders, and scratch paper. He authored bite-sized thoughts about living in the shadow of death: He is really alive and appreciates this moment. On the other side, Mitch was in a bad situation. He struggled to from his past experiences. He couldn't accept his life. Especially, after his uncle's death. In the interview, Mitch turned on the television and saw his professor. Ted was showing himself as friendly with Morrie by demonstrating Morrie as a great character that he makes difference. They talk about the past, the ability to live and use the positive power.

Choice theory psychology has ten axioms, one of them is about the past. The Choice Theory says an individual cannot change the past, he has to accept his past. He can learn lessons from their past. As long as, "people are not perfect, they have to realize life is imperfect, and all the beings the life are not perfect, so getting a lesson from the past is a great way to the next chapter of life. "I promised that I would make my own decisions" (Coelho, 1988, 21).

The past, which has been difficult, has much to do with what people are doing now. The only thing special about those who transform themselves and their lives is their view of their own future. They refuse to be defined by the past. They see something different and more meaningful and they never stop feeling that vision"

(Hardy Benjamin, 2020, p.6). But reviewing this sorrowful experience may offer little or nothing to help people's needs to accomplish right now. They have an opportunity to liberate themselves from the assumption that it is necessary for them to realize their history before their current is dealt with. It is beneficial to look again at the gratifying elements of their past experience but leave anything that is sad. They remember majority of the time what transpired, but occasionally their creative processes have entered and deleted these terrible memories when it was really painful. The idea that humans are destined to repeat that if they don't know their past, it is wrong. Their job is to try their best to rectify their current connection. They don't want to repeat their experience until they decide to repeat it. Using the choice theory, the characters may rectify the current unsatisfactory connections with conduct that satisfies both sides. Humans have decided to be prisoners of what is done if they feel that cannot work in the present unless they realize their past. It's hardly a free way of feeling.

"Accept what you are able to do and what you are not able to do";

"Accept the past as past, without denying it or discarding it";

"Learn to forgive yourself and to forgive others";

"Don't assume that it's too late to get involved.

"Well, for one thing, the culture we have does not make people feel good about themselves.

We're teaching the wrong things" (Mitch Album, 1997, 25)

Love is one of the vital themes in *Tuesday with Morrie*. Morrie has been influenced by "love each other or perish" a poet line by W.H. Auden in 1939. This line has been a philosophy for Morrie's life. Morrie believes in love. Saying that love is a key to make a long relationship with family, friends, and relatives. Morrie's childlessness was not affectionate because of his mother's death. He was raised by his stepmother Eva. Then Eva gives him some affection. Morrie married Charlotte and knew how to take care of his family properly (89 to 92). Morrie values family relationships, particularly in view of his declining health. He sees the family as an important thing than anything in the world. Morrie's family supports his illness, his son. Morrie states that "Love wins. Love always wins" (1997, p39). He believes in the responsibility of the family towards each one of his family members. That is why he puts great focus on marital choices and childhood as he raises the issue with Mitch. Although Morrie's

family function and Mitch's family function are both different, Mitch has some issues and could not fix these issues as a responsible character. On the other hand, Morrie appreciates and signifies his family. Mitch's brother, Peter, went to Spain on the contrary and battled cancer mainly because of Mitch's family. Mitch's family did not support Peter. Consonantly, Mitch improves his relationship with Peter. Mitch shows his passion and love for Peter. Love is a basic concept in Morrie's ideology which, following the diary throughout his lifetime, reveals how an urge to love and be loved highly influenced him and how that desire is intrinsic. Furthermore, love is a deep tenet in his life through all the situations that he has been through Morrie could empower his character by satisfying love. Morrie's love is the main cause to change Mitch's attitude, to be a positively realistic individual. His ability to follow his dream, his goal, to be patient. Meanwhile, Morrie's self-created community focuses on making humans and relationships a priority over material stuff accumulation. He responds to many emails from his fan while doing his interview on Nightline. Thus, it shows the significant side of the relationship with the community to teach them his experience about death and life. Mitch and Morrie talked about the world in their first meeting. Morrie insists that Love can make the characters feel incredible in the world. As Morrie stated, "Mitch, you asked about caring for people I don't even know. But can I tell you the thing I'm learning most with this disease?" (1997, p.47)

"The most important thing in life is to learn how to give out love, and to let it come in." His voice dropped to a whisper. "Let it come in. We think we don't deserve love; we think if we let it in we'll become too soft. But a wise man named Levine said it right. He said, 'Love is the only rational act.'" He repeated carefully, pausing for effort. 'Love is the only rational act' (Mitch, 1997, p.48).

The concept of love is the way to live passionately with each other. "It is not a lack of love, but a lack of friendship that makes unhappy marriages. In 1883 Friedrich Nietzsche in his book spoke Zarathustra mentioned it. He regarded marriage as a power relationship of some sort. Nietzsche says that partners have to be prepared to plan for the end of the attraction. There is no lady so lovely out there that after 20 years of marriage, her face would not be untouched. So, to prevent deceit, men must know that

they need to marry a woman, not only because she is the best lady in people's quality world, but also because they enjoy continuous discussion with her (98). Nietzsche believes that love has nothing to do with marriage; a serious relationship is more important than a journey across the aisle. Marriage is above the accidents of emotion, passions, and momentary diversions. Marriage exists in addition to these factors for the benefit of society. It is not the responsibility of parents to make life enjoyable for their children. They must raise their children to be brilliant characters who are eager and strong enough to confront the world. In this sense, he wishes for parents to produce children who will achieve success. The parents who are unable to make judgments will only lead to disaster. Every husband and wife should keep in mind that life and family are significant concerns. Some characters claim to be in love. But claims don't lead to anything, naturally. The key aspect is that both should be delighted to sail together as partners navigate this so-called existence. Only one direction may be a ship, not two ways. What does love mean? "Let one suffer!" Nietzsche cries. Let it become ill! Let it get sick! He is a stronger person because of disease. It will enable him to think about life. It will enhance his wife's charisma. Men frequently assume that they will prevail in the power struggle that is love. This is what Zarathustra spoke about. Love is conflict, argues Nettleton, since a man wants to conform or agree with his wife, to cast off her otherness and become the person he wants her to be (99).

Nietzsche's philosophy of love partially fits with choice theory. Love is one of the basic needs from choice theory, love, and belonging. It may show individuals the different side of happiness that person can't get it easily by depending on some points such as, how to love and live along well with each other, couples shouldn't complain, miserable, blaming, criticizing, jealousy, these are all external psychology control which doesn't work properly. The individuals have to find a proper love that fits them well. When they think of love they always think of receiving love not giving love, once they are not satisfied they say "do you love me". They won't work on love to give it otherwise immediately they think of how to get love. This is external control which guides characters to practice external control. They from early being, they do love for pleasure, they use to love to get power, to get it just like animals they have practiced it.



The characters should learn how to make love with choice theory, this theory drives the readers to get love equally for both partners. They don't have to follow the idea of ownership, why they get friendship for the rest of their life while a couple they break up easily, lovers think of ownership, they don't take it as friendship concept, they can't give their love a new meaningful side to practice it well. Morrie with his family and wife shows love. His sons Rob and Jon, His wife Charlotte, his stepmother Eva, his brother David. Morrie satisfied his basic need love as the way the Choice Theory stated. As it appears below quote.

"If you don't have the support and love and caring and concern that you get from a family, you don't have much at all. Love is so supremely important. As our great poet Auden said, 'Love each other or perish.'  
"Love each other and perish" (Mitch Album, 1997, 75).

Mitch points out the significant theme in the novel which is movement and space. This Theme shows the ability to change. It stands for people's autonomy. How they can be self-reliant. The movement puts the line on privilege, scary, necessary, and inevitability in people's life. The novel shows the movement is possible. Movements will demonstrate the side of courage, fearlessness, freedom, having an idea to change, the ability to choose the right path (1997, 15). The reader is required to understand what it means to be able to move across space. Also, what it means to lose the power to move. (Paulo Coelho) stated in his book Alchemist about the shepherd's changing and autonomous, the way things are, He is already acclimated to. He is thinking about the amount of time his friends had spent in that area and either went bankrupt or performed better than previously, while they were moving on. He became quite depressed. Now, he can see that it wasn't that awful. The shop is just the size he always desired. Because he doesn't realize how to handle the changes, He wants to alter nothing. He's the way he's used to himself (1988, 28). Humans should change, they have to take actions whether the actions work or not, it has to be. They once move on and on the other time, they will bankrupt. This life works for ones who are not afraid of failing. They should leave working in the same place for a long time. Because they will kill their energy. Glasser will also illustrate why the people select so many regulating behaviors in

describing the motive connected to their genetic thing. Parents, relatives, cousins, friends, siblings, and instructors are frequently exceptional; they're all committed to getting people to accomplish their own thing. What characters don't realize is really why committed relationships are so much more vital for certain individuals than for other living creatures and why they are so difficult to establish for all their comportment. Once individuals are born, it is all about crying, fussing, sucking, and thrashing in their arms and legs. This moaning and moaning, a first-time display of rage, is the way people seek to push their moms to take care of them. They would die fast without this care. This early sobbing, the desire to fulfill a genetic yearning for independence, leads to a lifetime practice of attempting to dominate people. But it's only an introduction; people's genes aren't so strongly impelled they can't learn to take charge (1998, 16).

Movement is essentially necessary to people's freedom, have their own culture, and finally die. For example, Morrie could change himself by showing the movement of a wheelchair. He moved on to his elder age despite the movement that locked him in his house. Morrie is just dying; he could not have the ability to move. Although, Morrie was a positive character powerfully. He could realize how to move on in his life freely. Eagerly, the text keeps informing the reader frequently about Morrie's new ability to move, or lack of it. Morrie insists that is people's decision to choose and move from one side of their life to another one. Morrie's dance or Morrie's hand to move are the clues to mention the movement and the ability to change. The movement represents Morrie's thoughts, in other words, his freedom which fits the choice theory. In the same case, Freedom is one of the basic needs in choice theory psychology. In the case of the study, the choice theory encourages people who want to become free. It stands for the ability to change, to make a life for its own sake that is full of energy, the ability to make difference, the way to see the world as a wonderful tablet. What changes people is pain, pain that happened to Morrie chocked him to find someone to rescue him from that difficulties. Choice Theory focuses on this change. The theory says people in difficult situations will be tougher, in their life rather than to be soft characters in the real life. This is movement freedom after his graduating. Furthermore, Mitch has not got a job which was a sports newspaper. He started moving to see the world beyond his ability to

change. He wanted to be free. and not to be a materialistic man, live out of the circle of his society, the ability to change himself and move forward. Likely, Mitch traveled more than 700 miles on Tuesdays to have a meeting with his professor "Morrie". Mitch after graduating his journey from his university and his last hugged with his professor. He couldn't keep in touch. Indeed, he lost contact with most individuals in his college, including his friends drinking alcohol and his first woman in the morning. The years following college hurt me to a person other than the stubborn graduate who left college for New York City that day, eager to contribute his gift to the world. It is not his interesting world that he imagined. He paid the rent of the house, working too much for his dream to become a musician and He could not get his dream. Then his encounter with his uncle's death. Mitch has moved through difficult situations in order to get freedom for his life. As Mitch said in the below quote which shows people's freedom in the world.

"After the funeral, my life changed. I felt as if time were suddenly precious, water going down an open drain, and I could not move quickly enough. No more plating music at half-empty night clubs. No more writing songs in my apartment, songs that one would hear. I returned to school. I earned a master's degree in journalism and took the first job offered, as a sports writer. Instead of chasing my own fame, I wrote about famous athletes chasing theirs." (Mitch Album, 1997, 23).

Culture and the religious theme is a specific issue in people's attitudes. Morrie's philosophy is that people should not rely on the belief that comes from culture. He is concerned with the overvaluation of materialism, performance, and superficial things by current society that he considers being unable to live in a happy and fulfilling life. He promotes the formation of personal cultures or a life system that enables people to complete themselves by carefully challenging current culture and religion. He advises Mitch to develop his own unique culture on Tuesdays, so that he may enjoy his life in full. Morrie established a culture along with his life that consisted of discussion groups, lengthy journeys, and time with friends. He concentrated on the good habit relationship among people rather than success and achievement things. Morrie's culture ignores seeing television. Although he had two interviews with Koppel, he uses the interviews

as an approach to teaching people his idea about life. Morrie's perspective that people should look for something greater than what today's material society has to give.

Morrie is highly interested in all kinds of religion. As a young guy who was raised as Jewish then he became an agnostic. Although in his adolescence he turned to a synagogue and to religious rituals to comfort, the tragedy of his family cannot be reconciled with his beloved religious beliefs. However, as he began to age, he grew more interested in different religions and started to purchase parts that seemed appropriate and real when he created his own culture.

The book depicts Morrie's own religion and personal culture as clearly positive. It points out that it is the opportunity to construct one's own that works for him, his independence from a unique religion. While the library is not a way that religion must be abandoned or the existing rules of society entirely abandoned. It enables readers to feel free to concentrate on the parts that provide personal fulfillment of a religious system or culture. The components that do not achieve or achieve any positive benefit should have a tough and suspicious examination (Mitch, 1997, pp. 118-122).

Religion has to be reforming every decade, as this book mentioned which publishes every four years since 1784. "We share with many Christian communions a recognition of the authority of Scripture in matters of faith, the confession that our justification as sinners is by grace through faith, and the sober realization that the church is in need of continual reformation and renewal" (John Wisely, 2016,49). Religion relates to people's souls. Humans have to take care of themselves as properly as they can. They haven't got enough experience to choose what fits their souls, they were born with a type of religion that they practiced their religion traditionally, when they face the real problem, they will be hopeless of their religion. Humans can be rebellious, and angry of what is the atmosphere of religion. Such as, Morrie shows the different scenes of choice theory, at the beginning he was Jewish but then he changed to be agnostic after his father's death. As he grows up he has started practiced other religions as well, he is a man with different attitudes of beliefs. He enjoys life and worships God properly and differently than other ones . On the other hand, people make

culture. Morrie is an example of choice theory on how to create such a proper culture that fits himself properly. He has a way to live with whom to interest. He shows up the ability of human beings on how they can choose what they value. He shows his inner ability on controlling himself which "choice theory" likely interesting in. One of the ten axioms of the choice theory says people can only control themselves not others. Humans can control themselves, knowing the good "religion and culture" for themselves. The Choice theory encourages human beings to make their own culture as Morrie has shown within new trends techniques to live intellectually.

Moore is a free man; he could control himself. He had the power to ignore people's beliefs. The choice theory's basic needs are very vital to satisfy people's needs. The power which is one of the basic needs fits completely Morrie in his ignoring his culture and make his own culture as a free man. He could have the power to choose his religion or his freedom, he is a free man, he can practice majority of the religion, he doesn't have any problem. In fact, the choice theory's basic need power that has shown in his attitudes which belongs to people who want to control themselves, to choose what they consider is right for themselves. This is personal freedom, choice theory supports personal freedom, it develops some basic needs in human beings as good character.

Religious and Culture is a personal matter, the individuals should choose them wisely and don't let others interfere in this point. Although they are interfering with each other, they are in the same circle. They always come to their affairs. But intellectual people share the religion with only God. This is the real religion that makes people a good connection with God. To sum up, Morrie fits the Choice theory that states people have to control themselves. Morrie has controlled himself by ignoring people's culture and inventing his own culture. The choice theory's basic needs encourage people to satisfy their needs. Morrie satisfied his needs, such as freedom and power that he should his ability to be a free man far away from people's beliefs. Mitch and Morrie were talking about culture. Mitch was miserable by his society. Morrie advised to control himself and to be a free man by satisfying his needs as it appeared in this quote.

"Dying," Morrie suddenly said, "is only one thing to be sad over, Mitch. Living unhappily is something else. So many of the people who come to visit me are unhappy. Why? Well, for one thing, the culture we have does not make people feel good about themselves. We're teaching the wrong things. And you have to be strong enough to say if the culture doesn't work, don't buy it." ?" (Mitch Album, 1997, 36).

Choice Theory signifies the quality world of human beings. It states that people's quality worlds is pictures that people put in their quality world. When humans engage with the environment around them, they create unique thoughts or images that correspond to each requirement. This collection of objectives is known as their quality world, which has come through the evaluation of their experiences. In contrast to the common and fundamental human requirements, images of the quality world are distinctive to every individual. The five-need system has particular wishes for people. In a relationship with one person some people feel fulfillment, but not with another person. They fulfill the power need with such a particular activity, like work. Skydivers report that leaving an airplane gives a distinct feeling of freedom. The broad array of activities and hobbies demonstrates the limitless choice of entertaining images. Morrie has his own quality world; he could balance his beliefs with people around him. Basically, Morrie has grown up by his experience as an approach to educating himself properly. On the other hand, Mitch was influenced by his professor. Mitch could change his world. He wanted to have meaning in his life. He paid visited on Tuesdays, so he put good pictures in his world.

The last class of my old professor's life took place once a week in his house, by a window in the study where he could watch a small hibiscus plant shed its pink leaves. The class met on Tuesdays. It began after breakfast. The subject was The Meaning of Life. It was taught from experience. No grades were given, but there were oral exams each week. (Mitch, 1997, p 14).

As Mitch discovers out his favorite previous college teacher got a disease, he comes to meet him, Tuesday's events with Morrie come into play. "Everyone knows, they're going to die, but nobody believes it (1997, 68)". Morrie teaches Mitch that he wants to teach the people about death and to live once he dies. He confronts his own

swiftly coming death's certainty. So the book is used as a death meditation. During 14 weeks, Morrie ruminates about the influence of the deaths of others on life (1997, p. 69). At the start of almost every lesson, Mitch recounts a newspaper account about his death, he reads on a flight to Massachusetts, and frequently he notes changes in OJ Simpson's high-profile assassination case at the time. While these occurrences have minimal impact on the current history, they stress that death is around people and touches all of them. For example, Mitch is profoundly affected as a young man by his cherished uncle's early death, while Morrie never heals entirely from his mother's passing. However, these personal instances of death serve as catalysts for change (70).

Mitch's uncle's death is the main reason to encourage him to study Master's degree and also he has become a professional pianist. And throughout Morrie's existence without his mom, and before remarrying his dad, the absence of love and affection led Morrie to construct a family of his who respect affection and feeling. Although a natural fear of death for humanity, Morrie tries to find a way to face or to deal with it in order to quietly die. Within this mission, Morrie is researching the worldwide perception of death by various civilizations. He is particularly interested in civilizations that engage in a kind of reincarnation. The thought of reincarnation, which depends on the cyclical nature of birth and death, fits the other cycles of the text and the world thematically: school, season, and the plants' life cycle such as the Hibiscus which loses its leaves at the window of Morrie, sports, and even the Mitch weekly cycle with his greetings and good-byes. In the end, Morrie creates his idea of detachment, which comprises the sensation, recognition, and living of emotion (71). This method of thinking enables him to confront his own death without negative residence. Rather, it lets him utilize death as an excuse to live his whole life, realizing that he has little time to accomplish or to say something. Death concepts are best regarded as part of a natural cycle and not as something to be afraid of, but rather as the motivation for a more complete existence, linking death with life. In this approach, Morrie teaches not only how to die but how to live life. Death teachings are not simply lessons. Their death is to give these lessons so that others – Mitch and the reader – may likewise release their anxieties of death and lead their lives to the full. When people in pain, the pain will

guide them to set a new goal. People in a bad situation want to do meaning for their life. he decided on a valuable purpose, he could get his goal. People can get external control psychology not internal, in this case, they have to aware of getting information from other people is not enough unless ones who are quite in good shape of knowledge on how to live perfectly.

Morrie talks about "Death", as he is in a situation that he can make a sense of his speech patiently. Psychologically speech, people in a bad situation can sharpen the listener. They can say such words to make sense of their speech. Death may influence the decisions, the way to live, People's attitude-behavior. There are cause and effect points for people to decide on their destiny. People when they decide to do such things should have a cause. Furthermore, death is a meditation approach to change people's minds on their decisions. Mitch has influenced by his uncle's death; he is still in that situation. Applying choice theory in this theme is definitely about shaking someone out of his circle.

The Choice Theory can make people reborn in this turbulent life. As death is a main theme in Tuesday with Morrie, it can help the characters reevaluate their values and consequently reach at a more profound understanding of their existence. The Choice theory's basic needs will always work for people in different situations. The power which is one of the basic needs fits the death theme. Morrie has shown his basic power to face death. The choice theory encourages people to satisfy their power. Although, power means losing or winning in people's interaction life, such as in athletic, or politics, in relationships. Morrie wins in his life as the choice theory's description of the power need. Morrie satisfied his inner side with his power. Morrie feels gratified or accomplished and he feels privately or incomplete. Knowing and losing is often a desire for power. Many human behaviors underpin this element of power. When people drive towards a goal in an unknown town, the journey frequently ends with a sensation of achievement or achievement. These pictures show that the human behavior that comes from power does not have to be competing. Although related to membership, the fulfillment of the demand for power also requires acknowledgment. As Morrie already



had it with his stepmother Eva. Also, Mitch that influenced by Morrie. the sense of belonging is power for people as shown in Morrie and Mitch.

"Do what the Buddhists do. Every day, have a little bird on your shoulder that asks, 'Is today the day? Am I ready? Am I doing all I need to do? Am I being the person I want to be? He turned his head to his shoulder as if the bird were there now. "Is today the day I die?" he said. Morrie borrowed freely from all religions. (Mitch, 1997, 69)."

The home-schooling sector has slowly grown and nowadays covers one and a half million people. The education news reports that youngsters who have been educated at home seem to be five or even 10 years ahead of their professionally taught peers because of their capacity to understand (John Tailor Gatto, 1991, p.22). Parents should teach their kids; they have to care for their students rather than the teachers who are strangers. Teachers are not patient; they are just working as an apprenticeship. In the same case, the educators have taught kids, just for money not for real education. Educators have been neglected by the system of the governments. The government does not need a proper system They need to make passive people, and students are not real educators. The best education system is homeschooling. Educating people comes by practicing some basic principles creating by the family. As Mitch suggested his professor to teach in such a home-schooling with Fun. Teaching with Fun, the method that leads people enjoy learning to develop people's character.

"I don't mean money, Mitch. I mean your time. Your concern. Your storytelling. It's not so hard. There's a senior center that opened near here. Dozens of elderly people come there every day. If you're a young man or young woman and you have a skill, you are asked to come and teach it. Say you know computers. You come there and teach them computers. You are very welcome there" (Mitch,1997, p.100).

Morrie shows the idea of teaching with "Fun". Teaching with fun is a good approach to put ideas in people's mindsets. This technique was mentioned in choice theory in the branch of School and Education. "Schooling is what students, even many good students, rebel against in school" (William Glasser, 1998, 102). Many instructors state that the authoritarians who run the schools force the students to do their homework

and they are punished if they don't. People must cease defining education as knowledge acquisition if they want to get away from schooling. "Education is not acquiring knowledge; it is best defined as using knowledge" (William Glasser, 1998, 102). But there is no such proper education that serves the community to work well. This is not education, otherwise this is the system for damaging people's psychology, killing their ability to take action. Making people become passive rather than be a leader, and have the active attitudes in someone's mindset.

The choice theory explains the notion of getting along well with each other, so there is an essential point to mention and apply "teaching and learning" to choice theory. For example, Mitch as a student and Morrie as a teacher, both developed a type of high relationship to get along well together, with the type of relationship full of fun. Mitch was influenced by Morrie which led Mitch to write a "long paper" to talk about learning and teaching. The paper takes a session for one week where Mitch on Tuesdays visits Morrie in his death. His visits contain all the topics that they shared. As the paper goes on, it can be seen the relationship between the both how have they decided to grow their relationship far away from external psychology that is an old technique to manipulate each other rather than they focused on their internal control psychology which drives their relationship successfully. "Habits are the compound interest of self-improvement" (James Clear, 2018, 4). They created a type of good habit in their relationships. They weren't in hurry, especially Morrie, he tried patiently to seed the ideas in Mitch's Mindset. On the other side, Mitch kindly has listened to Morrie to become a great character that can make difference in life. The process follows Choice theory, as the theory states. No one controls others.

The two characters in the novel practiced Choice Theory properly in their platform relationship. This relationship shows up the transfer of knowledge quite clear from one to another while they communicate in a friendly and deeply manner. The reason that makes this relationship quite strong is that the professor who is specialized in sociology, knows how to choose platform communication. He knows how to talk to different types of social people which drives people to the choice theory on how to build effective communication with people around us. Morrie teaches "Mitch" how to be

passionate, love people, respect, exchange merciful words, forgiveness, and on. On the other hand, Mitch starts learning these skills from his professor interestingly. "Fun is the genetic reward for learning. We are descended from people who learned more or better than others" (Glasser, 1998, 22). Fun is genetic, it is already available in human beings. People have to satisfy the need for "Fun", they will get satisfied and people's needs are basic needs, they have to get these needs in a proper high level of satisfying in order to live peacefully." Nothing in life is as important as you think it is, while you are thinking about it." (Kahneman, 2011, 382). People have to their things with "Fun", teaching, working in a company, studying, managing life, all activities during the day should be passed with "Fun". Formerly, Moore's death gets closer and Mitch's learning about death is in need. It guides Mitch to manage an interview with "Ted Koppel" to talk about death, friendships, and compassion, not just for Ted but for people also on television. "It takes a lot of effort to get along well with each other, and the best way to begin to do this is to have some fun learning together. Laughing and learning are the foundation of all successful long-term relationships" (William Glasser, 1998, 22). So Morrie's lessons have been quite popular because of the real profound relationship of the teacher and his students by practicing "Fun" which is one of the basic needs of Choice theory. William Glaser, the author of the choice theory says, whatever happened in people's life was people's fault so even people can grab a future as same as their imaginations. Mitch Album chose the wonderful character "Morrie" to change his life. He chose a person who has left two years for his death. Mitch got benefits from these two left years. Morrie admires teaching and learning, passionate man, people love him a lot, he is going out and mix with various people, talk, dance, playing, he is a man with people's age, with a child is a child with an adult is adult. These ideas all fit the choice theory, starting by focusing on learning that Morrie had thought Mitch with Fun and peaceful approach. The choice theory puts the attention on Fun which is one of the basic needs of the human being from the theory itself. Morrie teaches Mitch to spend their whole life as a purpose of living with nice and wonderful ideas. On the other side, Mitch could show these beautiful ideas in his project for his thesis. As Mitch stated in the below quote:

“I always felt Morrie had something to teach. I felt it thirty years ago when he had sideburns and wore yellow turtlenecks and gestured wildly with his hands in front of a classroom, and I felt it years later, after the awful disease left him frail and motionless on a lounge chair in his home, his voice a whisper, his body so weak I needed to turn his head just so he could see me” (Mitch, 1997, p. 148).

As Glasser mentioned in 1998, Fun is the natural motivation for learning. People are descended from each other who learned more or faster than the others. This learning provided these humans a survival edge, and the urge for enjoyment got encoded into their genetic code. Humans are the only beings who play throughout their lives with the potential exception of whales and dolphins. They're learning throughout their lives because they do. The day that people cease to play is the day that they stop learning. Laughter defines fun perfectly. People who fall in love find out a lot from one another and nearly continuously laugh. When children laugh loudly is when a person is playing a game. They laugh since they learn a good lesson from this game: Morrie used the same technique with Mitch. He talked softly to influence deeply into Mitch's mindset. Mitch has the same situation as Morrie which leads to Mitch gets advice from Morrie. As it appears below.

"Mitch," he said, "the culture doesn't encourage you to think about such things until you're about to die. We're so wrapped up with egotistical things, career, family, having enough money, meeting the mortgage, getting a new car, fixing the radiator when it breaks we'd involved in trillions of little acts just to keep going. People don't get into the habit of standing back and looking at their lives and saying  
" (Mitch, 1997, p.56).

In chapter two, the two main characters in the novel, Mitch and Morrie, portray the problems of their daily lives. They have shown the problems faced by the majority of individuals which includes how to live peacefully far away from a consuming society or external control psychology. Mitch Albem is seen as a character who follows the principles of Choice Theory to alter his negative attitudes towards life and to overcome the intense grief at his uncle's death. On the other side, Morrie, his professor, taught him the principle of how to live a simple and happy life. Morrie discussed a range of

subjects such as love, death, power, and fate with Mitch. The third chapter concerns *On Chesil Beach* which is a novel about a couple that love each other and then separate on the first night of their wedding. There are a lot of conflicts between them, and they do not get along well with each other. Choice Theory indicates that they cannot save themselves from their minds' unreal thoughts because all of their thoughts come from external psychology which is considered an ancient concept. At the end of the novel, they regret their decisions because they realize that their decisions are not rational.

## CHAPTER THREE

### WILLIAM GLASER'S CHOICE THEORY AND ON *CHESIL BEACH*

#### 3-1 LITERATURE REVIEW

Peter D. Mathews in his article (2012), talks about the analyses and the general points of view of the 1960's sexual revolution affirmation in Ian Mc Ewan's novel *On Chesil Beach*. The foundations of McEwan's ideas are linked back to the Victorian era that has a lengthy history in modern British Literature *On Chesil Beach*, which is thematically based. The author investigates the moral consequences of this notion of a historic turning point through a critical commitment to McEwan's work.

Mina Abbasiyannejad, Rosli Talif in their article (2012), focused on the real advance conflict among people. The writer illustrates that many things may impact people's live and drive them along a specific route, notably cultural standards and sexual tensions. This article examines the powerful economic, political and cultural elements that have had a significant influence on people's lives using a hermeneutic approach. McEwan shows how situations and situations affect people's lives and how the characters' socio-economic position plays a key role in defining their future events. This article indicates the effects of culture on social views towards sexuality, along with the social climate of that day, Social distinctions, laws, contraception, abortions but also of all—on the character's personal relationships at *On Chesil Beach*.

Abbasiyannejad in his article (2013), talks about relationships. The study concentrates mostly on close relationships in the latter years and how such connections are impacted by cultural as well as other challenges of the day. Focusing on the macrocosm that influence people, the characters, Edward and Florence, are burdened by belonging to different social classes and are confronted by the restrictions of sexual boundaries from the Victorian era and faced with the repercussions of lack of correct connectivity. In their times, Edward and Florence are the victims and this article seeks,

by utilizing semeiotics, to analyze the signs as a means to untangle the meaning behind that.

Shou-Nan Hsu (2014), stated that is Ian McEwan's *On Chesil Beach* has gotten a significant number of academics shortlisted for the 2007 Booker Prize. The author has not gained the attention he deserves concerning the inability of individuals to love each other, misunderstanding and the difficulty of foreigners' hospitality. In this work, McEwan explores why couples don't love one other and why they don't do justice to foreigners by extension. He shows Love as a constructor on both sides and highlights to the reasons for its breakdown and obstacles to mutual understanding when portraying a terrible wedding night in 1962. McEwan points up the significance of preserving love alive and how to understand one another better via the implies that he dives into the passages and the thoughts of the major characters. He further makes the situation of lovers resonant with the ties of people to foreigners and illustrates that, in order to respect one's life and that of others, it should be more than one's identity, and instead look after and strive to get others to understand, to establish a type of cohabitation that is good to everyone.

Mina Abbasiyannejad, Rosli Talif and Marjan Haidari (2014), talk about Relationship difficulties were always a site of discussion as a universal issue. McEwan marked this with his novels as a modern writer. In general, McEwan's characters' experience challenges in ties with family members and individuals outside of the family cycle, which occur from time to time.

This study makes an effort to investigate the Kleinian Object Relation Theory from the psychoanalytic point of view of Ian McEwan's "*On Chesil Beach*". In avoiding maturity and a successful interaction with others, these difficulties lead to catastrophic ends of the characters. Objective connection theory is a branch of psychoanalysis stresses the interactions between the mother and the child, specifically. On the basis of this idea, the failure or success of the kid in the future depends on the relationship and impact of the child over the entire lifetime. This research, based on this idea, tries to investigate the causes of the failure of the principal characters in their connections. The

early lives and connections of the person with the mom are explored to attain this goal. The findings show that the major characters suffer from a lack of meaningful early relationships with their caretakers.

Elsa Cavalié in her article (2018), talks about the space among the couples. The concept of liminal spaces in Ian McEwan's books is examined via the lens of beachscapes in this study. Beachscapes appear throughout the novelist's most recent novels, from *Dover* to *Chesil* and *Brighton*. They are, first and foremost, an intertextual component that connects the text to the nation's literary past, but they also act as liminal places with hapticity in the Deleuzian sense. obstructs eyesight ironically in order to provide the subject the possibilities of a new sense of self However, it appears that liminality is not, or is not exclusively, the center of a fertile in-between in *On Chesil Beach*, and in McEwan's fiction more broadly: Its paradoxical persistence, linked to the subject's inability to pass symbolical threshold(s), may suggest a reinterpretation of 1960s modernity as a troublesome, never-ending transitional period.

As shown above, there are some studies in such different field of literature. After reading and evaluating the research conducted earlier, it is evinced that Ian McEwan's work has not been analyzed from Glasser's perspective. The work is examined by few researchers. As the preceding paragraphs demonstrate, criticism mostly focuses on genuine concerns, for example, money, which ruins the relationship. Thus, the Choice Theory *On Chesil Beach* is a unique study and evolves such great work by mixing Psychology with Literature.

### **3-2 THE CHOICE THEORY AND *ON CHESIL BEACH***

*On Chesil Beach* was written by Ian McEwan, the British author who wrote this novel in 2007. This novel is an autobiography. Identically, Ian McEwan was born in Aldershot, England. He worked on such themes such as time, history, and the exploration of twisted interiors. He is a type of author that works on such things that belong to him completely. He is an atheist, against all religions.



This curious moment in the garden—a turning point in Edward’s life fixed in his mind a particular memory of his father.

He held a pipe in his hand, which he did not light until he finished his story. He maintained a purposeful grip, with forefinger curled around the bowl, and the stem poised a foot or so from the corner of his mouth.

(McEwan, 2007, 100).

Ian talks about the late sixties of British society. This novel examines social love, and it was written in Third-person narration. This novel's milieu reflects the prevalent political aspects and the social hopelessness of the sixties. This novel's protagonists are Edward and Florence who have loved each other for a long time. The protagonists of this novel are Edward and Florence which are couples in the novel. On the other hand, the antagonist is the society that takes action hope, and happiness. Although, both couples are protagonists and antagonists in their relationship with each other. Because they couldn't get the world that they wanted to. The major drama and conflict in this novel is sexual desire, Edward is fully ready for this action while Florence is afraid to do this action. The climax of the novel is when Florence leaves Edward on the beach on the wedding night. Both couples didn't get benefits from their decision to get married for their love. The illusion of the novel took action from some people such as Charlemagne, Frederick II, Catherine the Great, Nelson, and Napoleon; Islamic conference in Baghdad and communists. The paradox of the story is between Florence which has got love without sex while Edward is the opposite, he is in love with sex. It has similarities with social norms, biases, the onset of sexual liberation, and the change in the spiritual standards of one young couple in society. The author used to write Metonymy and Synecdoche about the “pinnacle of existence” the great man theory in their childish attitudes when they were kids. There are some personifications about the novel, the author addressed nature for a strong atmosphere such as “thick-veined leaves” (EB, 2021).

When the 21st century began, the history of English literature remained a major concern. Even though, contemporary crises such as climate change and international struggle of wars, The Second Persian Gulf War in particular and its implications has received the circle attention and also, authors became also more likely to dwell on the

past. For example, “The history boys” a play was written by Bennet in 2004 and was filmed in 2006 which talks about the students in the 1980s in the north of England. David Mitchel wrote the novel “Cloud Atlas” in 2006. It included chapters that depicted future eras devastated by malign technology and climactic and nuclear destruction, but it dedicated more room to scenes set in the 19th and early 20th centuries, making it one of the more successful novelists to appear throughout that time.

The study also demonstrates another familiarity of the initial twenty-first century: the replication of older literary forms and techniques. For thousands of years, the desire to regulate the economic and social costs of childbirth has largely influenced marriage or cohabiting relationships. The kit included the role of adults, heterosexual sex behavior, coupling, parenting, and family training. People, especially women, have found it very difficult to enjoy either of these statuses or experiences on their own. Many who didn't marry generally could not establish their own homes and were instead kept under the leader of the household they lived in with no opportunity for sexual intercourse. Single mothers have been stigmatized and brought down to terrible poverty. The course in the kit started with courting: both men and women could normally choose their own husbands, their age differences appeared to be very limited, their families and bosses could not stiffly chaperone women and premarital sex was recognized as a stage of court. But if people went through this period, they had no alternative. If people do not marry until birth, their families and society put significant pressure on them to do this until it happens. In fact, the first legitimate and illegitimate babies of identical-age mothers were conceived, which suggests that no physical intercourse occurred before the age of marriage and is not a part of courtship. Societies anticipated assuming the responsibility for their bills, whether they were living together or married, normally by the establishment of a new independent household. The chance of childbirth, which caused most partners to postpone courting and, thus, sexual intercourse, before they saved enough for a family, was presumably recognized. When they did, there were more babies. In the absence of healthy, efficient birth control, sexual activities have unstintingly led to marriage or coexistence, a family, and childbirth for most women. However, real earnings were so poor that too many males and females had to postpone

marriage until they had enough savings or could not manage marriage. This culminated in a high average marital age and a high percentage of people who haven't got engaged. The rate of marriage in England is about 26s to 29s ages, which is nearly 10-15 % of people stayed unmarried Nicholas and Butler. M.H. (EB, 2021).

This combination of late marriage age and a high percentage of non-marriage has shortened women's childbearing times for much of the period since the sixteenth century so that they have reduced children's numbers. While economic circumstances shaped marriage and the development of families. In comparison, a separate home has not been expected in any other recently married partnerships: As a consequence, almost 100% of males and females have engaged, particularly women at an early age. The financial commitment to have children traditionally influenced the lives of British citizens. Pregnancy is one of the major desirable results of sex behavior, but it was also an uncontrollable economic risk before successful birth control. Until the 1960s, legal, reliable, and relatively secure abortion was first open to the public. Britons and men continued to hate the early diaphragm and condoms and retirement, which remained the most commonly used device until the 1960s, was an unsuccessful method that limited sexual satisfaction. Fertility has gone to the peak in 1906s time goes by till the 2000s the average fertility has come down.

The effect of the huge change of birth control was that the uncontrolled and incalculable possibility of the great economic effects of physical sexual acts between females and males is not yet there. The Conservative government's decision to give abortion free was taken and successful efforts to regulate reproductive costs with control over women's sexuality came to a close. The decision implicitly recognized the fact that the government could not enforce this without the Cultural and individual tolerance for sexual rejection. It is no accident that in the second half of the 1960s the "orthodox" family and sexual morals started to change while prudential marriage eventually stopped working. Women's unmarried declined from 45% to 10% in 1971 while married women came down from age 20s. These marital reforms were part of the permissive culture. They represented the denial of sexual restraint. That also accompanied a long increase in revenues in relation to the retail price index and buying

power. In 50's men manual staff and management earned three times as much as they had in the mid-'30s, and more than two and a half times more in the other professional classes. This allowed couples to build their own houses, and the conventional restrictions on sexual behavior essentially came to nothing. Though taking a look at ladies in the 50s, 60s, 70s, reveals that there has already been a dissolution from within the current marital institution. In 1976 study (Dannell 1979) showed that two major patterns in the sexual behavior of young women were seen in that era. Sex before marriage' average s had risen among all groups of young girls in 50s, but young girls of the manual class still courted with married men to marry young men and have households greater than those obtained by inter-war sexual self-control.

“Florence was on the other side of town, near the Albert Hall, in a prim hostel for female students where the lights went out at eleven and male visitors were forbidden at any time and the girls were always popping in and out of each other's rooms. Florence practiced five hours a day and went to concerts with her girlfriends”.  
(McEwan, 2007,61).

According to Anthony Robbins in 1991, there is nothing more essential than learning to handle one's relationships—romantic, familial, business, and social—aside from managing one's own feelings and emotional condition. However, all by themselves, people want to study, grow, succeed and become happy. This book will explain the keys that allow most people to build connections of quality – first with themselves, and subsequently with others. People will first find their highest worth, the rules that play the game of life, and the relation between everything and the other players; Then when people acquire this all-essential talent, they are rewarded by something everyone wants to experience and learn how to interact with people at the lowest level. a sense of accomplishment, realizing that they may have made changes in people's lives of others. A relationship is the most valuable resource since it provides access to all of the resources that individuals require. Mastery of this lesson will provide them with limitless opportunities to grow and contribute (10). Beginning with the belonging and love state, it is about the emotional intelligence of people, through the

use of self-consciousness, self-control, social knowledge, and connection management forces, to create fantastic relationships in people's personal life.

According to Glasser in 1988, He states that the majority of individuals have to choose their lives by themselves. Similarly, particularly when people spend their days in life by developing and working on their skills. They have to use the particular behavior for themselves in order to live peacefully with people. In the same case, People must also manage their own feelings in difficult times. As the choice theory mentioned, humans' needs are important. People should use all the needs to live properly. The choice theory needs love, power, freedom, survival, and fun will affect people's attitudes in their daily life. Edward and Florence were not satisfied with their needs. They always have many issues, for example, the pictures they had in their minds were not good as the choice theory demands. If Edward and Florence have used the same techniques of applying the choice theory they have lived independently and peacefully. “Emotional intelligence is people's ability to recognize and understand emotions in themselves and others and their ability to use this awareness to manage their behavior and relationships” (Travis Bradbury, 1990, 21). The choice theory therapy encourages people to use their emotions to get well and good behavior with people. As shown in chapter one, one of the basic needs of human beings in choice theory is love and how love can develop communication among people. The choice theory has the idea of a quality world. It advocates the points of the quality world, which is extremely significant for one who was born till the day that will die. The quality world goes to the seeds of mindset; people react as a purpose of the seeds that they planted their mind. Edward uses all his energy to make Florence a great picture in his eyes. As the days passed. Edward considers Florence as his ideal lover, he decided to think about her, he planted his mindset with these seeds. These ideas all come by practice every day. These are all pictures, Edward has these ideas in his mind, Florence used the same techniques for Edward as a lover, putting ideas in her mind as Edward is her best ideal husband. They are two, they used the same picture. They pushed to get engage then they have another picture which is, not accepting, they couldn't get well with each other. Together with, one of the points of axioms choice theory says “The problem relationship is

always part of our life (William Glaser, 1998, 142)". The partnership an individual doesn't have to search for. It is not a relationship that is past or future; it is constantly present. The individuals must redefine freedom in this area. Maximizing freedom is a goal that a character has discussed for a time in this book, although it can never be completely free to choose.

“He was discovering that being in love was not a steady-state, but a matter of fresh surges or waves, and he was experiencing one now. The cellist, clearly discovered by Florence's new friend , was a pudding of a fellow with a stammer and a terrible skin condition and Edward was able to feel sorry for him and generously forgive slavish fixation on .” (Ian McEwan, 2007, 152 and 153).

Glaser (1988) states that choice theory is based on freedom and happiness for people and also based on the real happiness that people want to get. It shows the way that easy to get away from pressure and having a good atmosphere to follow up people's steps to live peacefully. “Perhaps the most crucial finding from the perception proof is in the field of shifting paradigm, what we may call the "Aha!" sensation when someone finally "sees" the composite picture in a different way” (Stephen Convey, 1988,13). The picture that people put in their mindset will affect the beliefs properly. The tenth axiom's choice theory is about “All total behavior is chosen, but we have direct control over only the acting and thinking components. We can, however, control our feelings and physiology indirectly through how we choose to act and think” (William Glaser, 1998, 143). Considering that people may not directly manage their feelings or physiology, but only their "actions and thoughts", allows people to eliminate what they cannot dominate. It is difficult to change people’s behavior, actions, and thoughts. But it is mandatory to work on them and change them. If people are able to achieve better actions and thinking, they acquire a tremendous lot of personal freedom. When people believe that they have no freedom to be part of a relationship, it is because they, or both of them, are unable to embrace the axiom of choice: people can only govern their own life. They cannot employ any theory of choice, such as basic needs, the universe of qualitative and complete conduct unless they acquire this axiom. But as soon as they understand, they have access to the choice theory. People can always openly choose to

go near to the people they prefer, regardless of how they act. So the more they, too, study the theory of choice, the better they get. People when want to change, their thoughts will affect their bodies physiologically. As the choice theory states that the actions, thoughts, and thinking are all significant during the process of living and applying choice theory during daily life. There is a quote that “Edward” called “Florence” and his body fits his thoughts as they appear between their communication platforms.

“It is shaming sometimes, how the body will not, or cannot, lie about emotions. Who, for decorum's sake, has ever slowed his heart, or the muted a blush? Her unruly muscle jumped and flattered like a moth trapped beneath her skin. She had similar trouble sometimes with her eyelid. But perhaps the tumult was subsiding; she couldn't be sure” (Ian McEwan, 2007, 106).

Comprehending emotional command networks allows people to recognize that emotional functions are a part of their evolutionary history. Their emotions are an essential component of the neurological system. People don't make feelings just to amuse and torture themselves, or to manipulate others. Emotions, on the other hand, are part of nature's plan to aid in the survival of the species. As humans, individuals have the ability to make deliberate decisions about how they perceive and express their emotions. Some of their emotional experiences, however, are involuntary, the consequence of a biological electrolytic method in their nervous system. People's emotions are partially the consequence of how their brain and nervous system are physically wired, regardless of whether the mechanisms they use to interpret emotional reactions are established by the genetic material they received, their self-awareness (John M. Gottman and John Declair, 2001, 129).

The individual should give attention to the issue of love and marriage as the main concern for both couples Edward and Florence. The real conflict of couples who are in love and they can't take their responsibility properly. They have been vulnerable. They want another person to take care of them. The couples don't know they are in their fantasies. In the beginning, they seem quite well for each other, they can get along with each other. Then they separated from each other. The choice theory states the most

significant side of marriage is the quality world. The quality world for the couples should fit for each other. As they appear without judging, blaming, ridicule, criticism, accepting the differences. The majority of individuals face the problem by using the external control psychology to change each other which is hard to work. They should use the technique of internal control psychology for solving the problem. Edward and Florence such as the majority of people have practiced external control psychology: They are nagging, blaming, criticizing, their marriage contains the point of “controlling” which both try to control others. Thus, they always force each other to do the creativity for having a proper life. For example, couples are not married and they spend time together, going out socially and sexually. In this relationship, the majority of the women always force the man to get married while the man is not ready. It is a technique of external control psychology. They are not in the proper mood with each other. They are thinking of the future and neglect the present, the current life that they are in. On the other hand, if they practice the choice theory in their life, stop nagging, blaming, controlling others, life should go easy with each other. They can move on to take responsibility for creating the family (William Glasser, 1998, 70). Edward and Florence didn't give enough time for their love. He seems insurance on his path. Florence waits for him too much for feeding their love to each other. They could not see the real picture of themselves either if it was good or not to go together for their future plan. In the same case, they were doubtful to get married or not because they were not sure of their decision. They were afraid. Although they got married they couldn't get along with each other, and they couldn't practice getting along well with each other. Their quality world was different.

As it was already mentioned, the choice theory always puts eyes on such issues among couples. The choice theory has got the seven points of “Connecting Relationships Habits and Disconnecting Relationships Habits” is the branch of the choice theory that deals with the relationships among couples. The couples didn't know how to treat each other properly. They have to Support, Encouraging, Listening, Accepting, Trusting, Respecting and Negotiating rather which are “Connecting Relationships Habits” rather than they are going to Criticizing, Blaming, Complaining,



Nagging, Threatening, Punishing and Bribing which are “Disconnecting Relationships Habits” (William Glasser,1998). These are the points that make a good relationship and a bad relationship. Both couples couldn’t practice the “Connecting Relationships Habits”. “The reality is that when we look at the world gradually we convince ourselves that it consists of individual entities. So we are faced with the dilemma of the links and the effects they have on each other” (Alan Watts, 1852, 27). Little things impact people, when little bad things happen will affect couples as married people. These little bad pictures will take space every day. In fact, this little thing will be a huge thing picture. Focusing the pictures that will make someone else, not threatening. “A bit later he thought it would be best to blow the dolphin up to conserve the meat blood. A little later I can accomplish it and I can rip the oars at the same time to make a drag. Now I would better maintain the fish calm and not too much bother him at sunset” (Hemmingway, 1952, 28). It shows difficulties that most people face in this crowded life. Difficulties are part of life; people have to face these problems as a couple has conflicts between.

“All she had needed was the certainty of his love,  
and his reassurance that there was no hurry when a lifetime  
lay ahead of them. Love and patience \_ if only he had had them  
both at once \_\_ would surely have seen them both through.  
And then what unborn children might have had their chances,  
what young girl with a headband might have become  
his loved familiar?” (Ian McEwan, 2007, 203).

The most visible manifestations of freedom in the area of sexual interactions are a significant change in the understanding of marriage and sexuality. For most people at the beginning of the twentieth century, relationship marriage meant a lifelong commitment. Research shows that the divorce rate in the United States was limited until 1960 when it more than increased over twenty years. It is still quite high. According to research, opinions against divorce shifted drastically throughout the 1960s. Daniel Yankelovich observed a major shift in the normative structure of marriages and heterosexual relationships in 1981. In a longitudinal study, he compared responses from the 1950s to those from the late 1970s. In the 1950s, he questioned adolescent single and married females why marriage and family were important to them. The replies show

a deep-seated view that marriage is both essential and inescapable and that it offers both social membership and a sense of belonging (Illouz, 2011, 60-61).

Dr. Alfred C. Kinsey, in his book *Sexual Behavior in the Human Male*, he states that in the 1960s, there was a tough time talking about sex. It was a taboo sense to talk about sex. The individuals didn't discuss sex when they meet and chat to say something about sex stuff. Time has changed, they became free. They have changed their attitudes little by little. In addition, Edward and Florence have loved each other. They were feeling shy to talk about their inner feeling of intimacy. Edward and Florence have different beliefs about sex attitudes. Edward interested in sex while Florence was being afraid of it. They kept hiding issues until the conflict appeared which caused them to separate from each other. This guides the scholars to the main theme of the novel which is love. Love that leads Human beings to live peacefully. It drives scholars to mention the study of the choice theory basic needs of love. The choice theory has got many ways to live patiently in life. Especially, the couple marriages. such as Edward and Florence did not realize how to utilize love for each other This Choice theory mostly is about how to get along with each other. Apparently, the Choice theory states that individuals should accept their life in reality, they can change and get along with each other, such as people who practiced to be friends with each other.

According to Glasser in 1988, People can't get used to living with their spouse by being a friend, giving each one's right as a friend. The choose theory studied friendship among people, it states the successful relationship among people is getting well with each other by being friends. Mostly friendship among people is a great relationship. They think of their rights equally because both friends belong to each other. In the same tone, this is the way to get along well with people and especially married couples. People haven't practiced friendship in their relationship as a married couple. Majority of the people choose their life by their mind, they know what to do, and they are aware of themselves what is going on around them. The choice theory puts attention on the ability to change people, to help themselves, getting information from others, and control themselves not others, past doesn't equal the future. It says the seeds that the majority of individuals feed their minds will affect their life. Thus, Edward and

Florence have lived as a couple, they couldn't see the way of their issues, they felt shy, couldn't cross their limit to know each other well. They were in the atmosphere of their community. They chose their path; they didn't consider their right. They have to get along with each other, just because they have to break the limit of shyness (167).

The choice theory states people have to love the way they consider to fit their life. They have to break the limit for themselves by following choice theory to take responsibility and inspire their life peacefully. The couples belonged to the 1960s. As it was already mentioned, the novel is biographical that belongs to Ian McEwan himself with his lover in the 1960s. Especially, Florence is afraid of the concept of "Sex", she has got traumatic with sex. On the other hand, their class distinction is a big problem, Florence has a rigid and severe upper-class environment. Her conservative education might have affected her attitudes towards sex and her unable to talk frankly about her emotions. Edward's dad is a schoolteacher, and his mother is mentally damaged, which means his childhood is completely different. Edward could be more comfortable with her wedding night potential. Edward isn't so hampered by sex and tries to understand and regulate Florence's feelings. The relationship between socioeconomic class and beliefs on sexuality is so discussed. "All long-lasting psychological problems are relationship problems. A partial cause of many other problems, such as pain, fatigue, weakness, and some chronic diseases\_ commonly called autoimmune disease\_\_ is relationship problems" (William Glasser, 1998, 142). It makes no sense to look at every element of their lives since they choose to suffer. The reason for misery is always people's attempt to manage a crucial connection that does not work if folks like it. Then people get to approach that reality, freedom; an infinite, difficult effort people are locked into. There is no assurance that this problem can be resolved but it is absolutely guaranteed that people will never resolve it if people do not address it. Problems are part of life; such an individual has a problem with himself in this life that is full of diversity. The problems among people should not afraid of it, face it and understand it how it will solve perfectly. "of the choices we make each day may feel like the products of well-considered decision making, but they're not. They're habits" (Charles Duhigg, 2012, 12). It all comes by a small decision that someone has to make it well. Deciding on the

days that consider solving the problems, though those problems are quite easy to handle. Especially the problem of love and getting along with each other, that will always appear in the relationships among couples.

“He had never asked her again, and she was glad.  
But sometimes, in a surge of protective feeling and guilty love  
, she would come up behind him where he sat and entwine  
her arms around his neck and kiss the top of his head and nuzzle him  
, liking his clean scent. She would do all this, then  
loathe herself for it later” (Ian McEwan, 2007, 62).

Married people should understand their pain. They have to understand each other, whether they are in pain, happy or in the miserable condition. “Understanding people’s suffering is the best gift people can give to another person. Understanding is love’s other name. If people don’t understand they can’t love” (Thích Nhat Hanh, 2011, 3). How to love is a book that shows people and their companions and everyone in the world the secrets of loving and bonding through consciousness and the eyes of Love. The art of attentiveness has exploded over the last few years like wildfires. He had an idea as this ancient Asian technique became more common in Western culture as a world-renowned Vietnamese Buddhist mother and professor Thích Nhất Hanh. shares his insightful insight on the topic of love in his book *How to Love: Mindful Lessons on Love*. He teaches people masterfully how to take further notice of how they enjoy both life around them. He teaches how to achieve peace and true love through consciousness. There are some points to know how to love. When people mention that they love ice cream, the term loses its meaning. They become more conscious of its significance as they limit their love when it is just claimed to be true love. Love which is attentive is holistic, too. As choice theory’s ten axioms states that “The problem relationships are always part of our present lives” (William Glasser, 1998, 142).

In relationships, people shouldn't live in the past or future; they need to live constantly in present. People need to rethink freedom here. They may become free of many situations, but without at least one good relationship, people never have the freedom to live joyfully. It must always be considered what the partner wants so that the

connection changes with time. The resolution circle is a suitable vehicle for two persons who grasp the theory of choice in order to redefine their freedom.

“He was gazing at her, and nothing registered in his expression to show he had heard her. Even in her difficult state, she marveled at his soft brown eyes. Such kindly intelligence and forgiveness. Perhaps if she stared into them and saw nothing else, she might just be able to do anything he asked of her. She would trust him utterly. But this was fantasy” (McEwan 2007, 103).

According to Illouz (2011), in his book *Why love hurts*, historians have frequently emphasized the transition to emotional individuality in recording the passage from pre-modern to modern partner selection. While such a description is not incorrect, it conceals a considerably more significant process, namely that the mode of choosing has altered: That is, the link between emotion and logic, as well as the methods in which claimants compete on the area. Mate Selection is being carried out in a highly competitive market, where romantic and sexual success is the result of previous stratifying processes and even has stratifying consequences in response. This romantic layering includes several components. One concerns the manner in the queue and form sexual want: namely, the way social status fosters and forms erotic want, libido being a social reproductive channel (finding "sexy" as the most potent guy in the room). Desirability is linked to the socioeconomic condition of one. Another issue is that sexual appeal per se forms an autonomous dimension of erotic value and becomes an independent criterion for stratification which might, or cannot, interact with social stratification. The physical appeal becomes an autonomous factor for mate selection, thereby undermining or working in conjunction with other mate selection criteria. The victory of love and sexual liberation signified economic infiltration into the desired machine. One of the principal changes in sexual interactions in Modernity is the close interplay between desire and economy, value and worth. It is economics in its very erasure which is now haunting desire. This turns the structure of will and wants itself into broad sexual rivalry, and this desire acquires the qualities of economic exchange: In other words, the rules of supply and demand, scarcity, and over-supply control it (58).

In Fact, people will open their hearts to love other people by satisfying their needs freedom, and love. The choice theory's basic needs love and freedom fits Edward and Florence. They both freely choose their love, they were free to choose their life and they separated freely. These basic needs as already mentioned in chapter one are about people's satisfying. Edward and Florence were free, they chose their actions by themselves, which was great work for people who focus on internal control psychology rather than external control psychology. Thus, they had a problem with getting along with each other because they practiced their parent's techniques. Though they were educated, they did not know how to live peacefully as the choice theory demands. They chose their destiny but they didn't know how to live a long well. They used external control psychology of their ancestor, parents, teacher, and people who are in their world. As it showed up in this below quote.

“It was too interesting, too new, too flattering,  
too deeply comforting to resist, it was a liberation  
to be in love and say so, and she could only let herself go deeper.  
Now, on the riverbank in the soporific heat of  
one of the last days of this summer, she concentrated  
on that moment when he had paused at the entrance to  
the meeting room, and on what she had seen and felt  
when she looked in his direction” (Ian McEwan, 2007, 73 and 74).

According to Steven Convey in 1989, Humans are all familiar with the concept of a personal bank account. Humans put money into it and develop a reserve from which they may pull money whenever they want it. An Emotional Bank Account is a symbol describing the degree of confidence in a relationship. This is the feeling of safety that people experience with another person. If by civility, compassion, honesty, and respectfulness, they deposit into an emotional bank account with them, then they set up a reserve. Trust gets greater, and many times if necessary they may rely on that trust. They're not going to make everyone else a "word offender." When the trust account is significant, communication is simple, quick, and efficient. However, if individuals make a tendency of being rude, disrespectful, cutting them off, exaggerating, neglecting, being arbitrary, violating their trust, threatening them, or playing little tin god in their lives, the Emotional Bank Account will ultimately be overdrawn. The trust level

plummets. A marriage will disintegrate if a significant trust reserve is not maintained via ongoing deposits. Instead of rich, intuitive comprehension and conversation, the situation devolves into accommodation, with two individuals merely attempting to live independent lives in a reasonably polite and accepting manner. The relationship might develop further into animosity and defensiveness. The "fight or flight" reaction results in verbal brawls, slammed doors, unwillingness to speak, emotional isolation, and self-pity. It might lead to a domestic cold war supported solely by children, sex, social pressure, or image protection. Or it might lead to open conflict in the courts, where terrible ego-destroying legal fights can go for years as people constantly recount the crimes of a former spouse. Thus, this is in the most personal, tremendously rich, joyous, gratifying, and productive connection that two people can have on this planet (93). As Glasser mentioned in 1988, the choice theory is such as bank account. The couples should keep their accounts perfectly for each other. They have to take care for their relationship by trusting and developing their communication skills (71).

“They all knew each other, and were too eager with their phone calls and letters. She could not trust them with a secret, nor did she blame them, for she was part of the group. She would not have trusted herself. She was alone with a problem she did not know how to begin to address, and all she had in the way of wisdom was her paperback guide” (McEwan, 2007, 13).

Psycho-Cybernetics illustrates how a human mind as a machine may contribute to improving themselves, and this increases their success and their pleasure considerably. If people are to be happy at all, they must be happy — period! Not happy "because of" (Maxwell Maltz, 1960, 98). People believe some stuff about themselves regardless of who they are. They're presenting a description of nature at this particular moment. That story is excellent sometimes, and horrible occasionally. They often feel we have been the story's villain. They can either draw them down or raise them; it is theirs. The way people perceive themselves. There are facts about Psycho-Cybernetics, Firstly, the approach people work is a consequence of their own mental picture. People have constructed their own image or a blueprint of who they are, whether they like it or

not. Every success, setback, and experience they have had has been crucial in creating this psychic. Life circumstances, whether horrific or magnificent, lead people to construct people own mental design. It is crucial to know this since who they think they are impacts how they act each day. Secondly, make a good personality and incorporate these seven concepts. Maltz emphasizes that there may be seven characteristics of a successful personality. The S.U.C.C.E.S.S. abbreviation sums up those basics Sense of direction, Understanding, Courage, Charity, Esteem, Self-Confident, Self-Acceptance. Thirdly, how people's emotional well-being is concerned decides if you can become their best person or not. Emotional anguish leads to emotional healing, as with physical traumas which leave physical scars. The agony that generates scars is the natural way for our bodies to protect themselves against further injury at once. Emotional cavities are designed to shield the soul against potential damage. Sadly, the heart scars divide you from the people. There are two components to forgiveness — the sensation of hurt and the act of forgiving itself is forgotten. Remove the feeling of wrong in their thoughts and strive to forget this process. People will prepare the road to reveal their actual identity by cultivating a habit of forgiveness. This approach will allow individuals to maximize their creative ability and fully express themselves. It is also disinhibiting that is unlikely yet essential to their emotional well-being. They inhibit their complete self-expression when we focus too much on what others desire of us or what they believe about us. On the Contrary, disinhibiting is teaching this when we think we might communicate. This is a technique of eradicating self-awareness, which often keeps us from ourselves.

According to Glasser in 1988. He stated that “The only person whose behavior people can control is their own” (142). In reality, if people are prepared to suffer from this nearly invariably terrible penalty or loss of life, people do not want to. What they are doing is normally effective when they're confronted with punishment. When people recognize that they can only manage their own conduct. They will instantly start to rebuild their freedom and achieve it. People have a lot more freedom than they do in many cases. If people do not do what is said about each other, they may choose how many people are willing to give up personal freedom. For instance, if “a wife tells her



spouse that I'm leaving you unless you better treat me, she is redefining her liberty” She always had to go; now she must decide how much freedom she is prepared to give up if she stays. We have to consistently choose whether essential freedom is for us in order to manage our own lives, which is always achievable. “Once I reach my goal, then I’ll be happy.” (James Clear, 2018, 27). This quote doesn’t fit the choice theory method that states happiness is available and it is a decision that people should make it. Happiness is not the goal; it is the intellectuality that people must-have. "And, when you want something, all the universe conspires in helping you to achieve it" (Paulo Coelho, 1988, 11). It comes by efforts, though happiness, is not coming by the ease and relaxing, in the opposite, will come by too many difficulties, people will get the atmosphere of happiness by working and getting the goal that they want to achieve it.

Finally, this can be difficult, but the best way to seek joint reconciliation is to ask the partner for support. This book which mentioned can be seen as a good tool to use it with choice theory as a good approach for people that they want to live along well better. Florence and Edward practiced external control psychology. They were educated but they could not use their knowledge to live peacefully. This quote shows how both couples struggle from the community, the way they choose to live, although they were educated, still their mindset circle is just limited. They couldn’t break the traditional approach that their parents raised them with.

“They were young, educated, and both virgins on this, their wedding night, and they lived in a time when conversation about sexual difficulties was plainly impossible. But it is never easy. They had just sat down to supper in a tiny sitting room on the first floor of a Georgianna inn” (Ian McEwan, 2007, 3).

Freedom, an extremely significant side of the Choice Theory, is an essential value to most people as a basic human need. This quote bows to the choice theory’s basic needs. “When you hire amazing people and give them freedom, they do amazing stuff” (Seth Godin, 2008, 56). One of them is freedom and the other one which is the choice theory's ten axioms is people responsible to control themselves. The only person that people control is themselves. There are no individuals that force them to do such things that they don’t want to do. If something with threatened. They rarely do such

great things. When couples decide on their fate to separate from each other, there is no way to prevent them. It has to be accepted for both couples. Because sooner or later they can find someone who fits their quality world. Besides, people spend too much time do change, control people to fit with their goals while they regularly are different. They can't accept the world they are in and have the opportunity to quit on someone and start a new life takes courage to some people because most people stuck it out with their spouse for the rest of their time with full of drama. People should learn how to decide and how to apply it in their normal life, without fear or anxiety. They have to accept the reality of life, if they failed in a relationship, it doesn't mean they have failed for the rest of their life, it meant they have failed in one side of their life, they have to take responsibility to move on and never ever back to past. So in this quote, Edward and Florence seem good and they are stable for what they have chosen but later on, they changed their attitudes and they regretted their decision for what they have done in their relationship. Normally, most people are vulnerable, they are afraid of what they target on, people around them are the main issue, they always take the words from people in their community and they planted in their life and they lose their freedom and what they deiced has belonged to people around them.

Choice Theory guides people to take actions in their lives. They have to encourage themselves so as to be able to make key decisions. As Paulo Coelho states in (1988, 15) "we know that the treasure is in the Pyramids, but we have not trained ourselves to go and collect it". Alchemist by Paulo Coelho described the type of character that he traveled over the world for having which comes within a decision. The choice theory encourages and supports ones who decide on their destiny and start from scratch. "What do people mean that's why?" "Well, yes-freedom, that's why. They've taken away people's freedom." (Albert Camus, 1942, 78). Camus claims that in general, individual life and human existence have no rational meaning or order. But since it is difficult for humans to accept this thought, they constantly try to find or construct a reasonable order and significance in their life. The term "absurdity" reflects the vain attempt by humans to find rational order when there is no order. Although Camus doesn't expressly refer to The Stranger's idea of absurdity, the novel contains the

principles of absurdity. No rational order has been given either to Meursault's exterior world or to the inner universe of his ideas and feelings. For such things as his decision to marry Marie and his choice to kill the Arab, Meursault has no visible justification. However, people in the community are trying to make or impose rational explications on the illogical behaviors of Meursault. It is disruptive and threatening to society that things occasionally occur without any cause and that occurrences sometimes have no significance. The series of trials in Part two of the novel is the endeavor of the society to create rational order. The Public Prosecutor and the counsel of Meursault both explain Meursault's crime, which is founded on logic, reason, and the concept of cause and consequence. However, these explanations do not really support and merely serve as attempts to deter the fearful thought that the cosmos is irrational. So an example of absurdity—an illustration of the hopeless effort on the part of human logic to impose on an illogical universe. Camus says that in life the certainty of death is the only thing guaranteed, and as all people inevitably come to death, all lives are equally pointless. Meursault advances toward this achievement over the whole story, but only after his discussion with the chaplain in the last chapter does he understand it completely. Meursault recognizes that the cosmos is equally indifferent to him as he is indifferent to a great deal of the universe. Meursault was born, dies, and won't have future relevance, just like anybody.

The idea of couples being strangers to each other in a turbulent life will help the readers comprehend the social dynamics of the 1960s better. The absurdity appeared at that time, Florence and Edward are two characters that belonged to the 60s. The choice theory's basic needs "Freedom" fits this concept of absurdity, both couples are not free, they are strangers to each other.

"Almost strangers, they stood, strangely together,  
on a fresh pinnacle of existence, gleeful that their new status  
promised to promote them out of their endless youth—  
Edward and Florence, free at last! One of their favorite topics  
was their childhoods," (Ian McEwan, 2007, 7).

The readers are in ambiguous situations when they see that these couples were in love. They are out of this world, different, that is well, love is blind for some people and we are not aware of how to choose our lover. Clearly, Florence had a problem, she didn't know what to do, and she has given her a chance to reassure herself that this is a normal phase and Edward would like it but her anxiety was in vain greater.

Edward, in fact, was too naive to see that Florence did not want it for his flesh desire. They are greedy, both of them tried to reconcile anyway, but their marriage nevertheless failed. Perhaps, in their lives, it was the only right option. This quote will fit the two basic needs of the choice theory which are love and power. Humans have got genetic needs; they will miss out without these needs. Choice theory psychology has got five basic needs and these needs are belonging to human behaviors. The needs in choice theory as I mentioned in chapter one "love, power, fun, freedom, survival". As it is quite clear, both couples struggle with power, they don't come to each other's side, they have vain, none of them lose their pride or vain for another one. People have real genetics to survive, to satisfy their needs to survive, and go straight on. Human beings in real situations, while they need to decide on something or they need to change something in their life. They will immediately be calling their needs to help them out. Those ones who are fully filled their needs. They can see beyond all the stuff that they have faced. Survival is one of the basic needs of human behavior in choice theory psychology.

People have to survive in order to gain the great such worthy life that they demand. On the other side, Love, and belonging. All living on earth need love, it is our basic need of human behavior in choice theory psychology. Imagine if people have got their own love, and they can fully get happiness by satisfying their basic needs which is love. If people get love and satisfy their needs, they can live better, get along better, speak better, they are happy, there are no such issues in their field. So these two couple's dilemma is vain, they couldn't get the idea of love and survival, their soulmates are belonging to each other but they haven't accepted that truth. Apparently, they worship each other, blindly in love, but their choice is wrong, they didn't see the world beyond their pride. At the beginning, people should face difficulties in their marriages. They have to practice the way to understand each other for a while until they

can get the point to live properly. Oppositely, Edward and Florence decided to engage, then when they couldn't break the limits of their pride, or they haven't the courage to accept each other. They decided to separate for the rest of their life. Thus, they regretted their future for what they chose. "To do something on a small scale is one thing: to do it on a gigantic scale is quite another, and to make an impact on the world fuel problem, contributions have to be truly gigantic" (E.F. Schumacher, 2012, 5). Leaders who make mistakes encourage people to do mistakes, not afraid of mistakes. This is the technique that fits the choice theory that both let a character be the leader rather, at least for himself. "That summer, after finals, his interest was in fanatical medieval cults and their wild, psychotic leaders, who regularly proclaimed themselves the Messiah" (Ian McEwan, 2007. 55). It shows the leaderships for both couples.

The anxieties of Florence were worse, and throughout her trip from Oxford, there were times when she had considered she would draw on all her bravery to express her thoughts. But she could hardly do it for herself, and what disturbed her was untold. She had a visceral fear, a helpless loathing as apparent as the seasickness while she had only traditional first-night jitters. For many years she had been able to overlook this stain on her delight during all months of joyful wedding preparation but when her thinking moved to a close embrace — she did not prefer a word — her stomach was dryly clenched, and she felt nauseated in her back. We are driven by five genetic needs: Survival, Love, power, freedom, and fun" (William Glasser, 1998, 143). As it was mentioned, choice theory's basic needs fit this quote, the couples, Florence while she is anxious, she is not satisfied with her needs. "That's what puzzles me. My husband and I are doing fine. So why do I feel so anxious and depressed?" (John Guttman, 2001, 39). It appears with her normal communication platforms with Edward. As it shows this below quote.

"Where he merely suffered conventional first-night nerves, she experienced a visceral dread, a helpless disgust as palpable as seasickness. For much of the time through all the months of merry wedding preparation, she managed to ignore this stain on her happiness," (Ian McEwan, 2007, 9).

Trauma is the predicament of Florence's life as Florence's father has influenced her quality world. Florence's father is a victim of sexual molestation, and Florence's family in general is severely damaged by sexual abuse. Readers can notice some other causes which are deeper than her father's trauma. Psychologically, the encyclopedia of psychological trauma fits the study which is written by Gilbert Reyes, John D. Elihi, and Julian D. Ford (2008,45). The children's sexual abuse is created a risk major that is linked to a variety of psychosocial issues, including causes of mental trauma and PTSD. Although some children are surprisingly resilient to this type of exploitation, the vast majority will experience severe anguish, and some will acquire clinically significant signs of psychiatric illnesses. Children's adaptations to sexual abuse in childhood often involve disruptions and derailments of normal development that severely influence their self-identity and relationship. Since there are culturally varied opinions on whether sexual roles are allowed or not acceptable for children, what is appropriate when it comes to educating children and families about sexuality and its role in proper human development. There is also debate about what constitutes sexual abuse in light of regional differences in sexual cultures and familial behaviors. The most ideal method of intervention is the prevention of sexual abuse. However, due to the secrecy and closeness of human sexuality, this is not always possible. Inappropriate and unlawful sexual interactions can be easily concealed, particularly if individuals involved are driven to keep the sexual behavior hidden due to shame, remorse, self-reproach, or the fear of litigation or violence. Relief from the long-term harmful repercussions of sexual abuse can come in a variety of forms, through particularly resilient adaptation, spiritual aspects of therapy, self-help organizations, and psychotherapy. There are several models for therapeutic intervention of sexually abused children, and the efficacy of these therapies is strongly impacted by how much care is paid to the heterogeneity of the secondary issues and Particularly interesting with CSA, as well as the possible mediating and moderating effects performed by the individual risk and protective variables connected with a specific kid. Many individuals who were sexually assaulted as children do not seek treatment until they are adults, and there are several ways to offering therapy for this demographic. The efficacy of therapy for CSA aftereffects in adults may be hampered by the existence of other long-term issues. It's also worth

noting that a large percentage of adult CSA survivors have developed remarkable psychological adaptations. the efficacy of various therapy components, as well as the disparities in CSA results. What is obvious is that unless there is a worldwide effort to raise public awareness, acknowledge the problem, and educate people about it, the problem will continue to grow. CSA will continue to be a hidden issue that has a harmful influence on millions of children throughout the world. This quote shows the inability of Florence, why she was afraid of sex. It has a connection with her past trauma. In the novel, there was a point that talks about her childhood when she might have been in a sexual cause with her father. She was fully accountable for all her decisions throughout the last year, if she didn't like it, she always narrowed it, and it had been her all responsibility and she honestly believed she would be sick now.

“Her problem, she thought, was greater, deeper, than straightforward physical disgust: her whole being was in revolt against the prospect of entanglement and flesh; her composure and essential happiness were about to be violated. She simply didn’t want to be “entered “or ‘penetrated with Edward could not be the summation of her joy, but was the price she must pay for it.” (Ian McEwan, 2007, 10).

The characters often have such mysterious concerns and see them as pathological, deviating from acceptable norms but the actual reasons can be worse because the events of many years ago can affect our future lives. Florence has decided that her cause is greater than her, she has thought deeply about her situation, she is different, she is in a real dilemma that people should limit their ability when they are in such situations. Apparently, the choice theory psychology makes it quite clear that people should face their issues, they have to stand for what they are falling for. There is always a way to choose the road, either the road is difficult or not it should be acceptable. In extension, there would have been many people who faced more dramas than Florence, so why it would be such a tough experience. One of the ten axioms of the choice theory states that what happened for people in the past would not go back to replace with good pictures. Thus, past doesn’t equalize present or future. People make mistakes. People’s experience was not heaven. They all are doing mistakes at some point. But the past is a technique to realize the mistakes better. They have to get along



properly with life for themselves. Furthermore, another point of ten axioms choice theory is all people's behavior was chosen, but they have to manage their thinking on our behavior. They can control their actions, thinking components. They can feel indirectly how to choose to act and think. Florence could act and think on how to choose her behavior properly. Florence has to see herself in a mirror properly in order to know what is her real situation. She should change herself, to make a great copy of herself. The choice theory says people should fail, they have to try it out to stand well. Failure makes the experience rather than falling forever. What is wonderful in choice theory is accepting, is to relax, it says everything is a decision. Just like a morning when you wake up and decide that you will be happy, you will make a smile, get away from pressure, taking a deep breath. All in all, Florence can follow these above rules that were mentioned to change her attitude towards sex and enjoy her life perfectly as long as one of the basic needs of human behavior is sex, it is our desire to survive in life, so what is Florence has been through is nothing than just circle of her past trauma and she couldn't break her limit to live on properly.

Choice theory therapy recommends physical work out for washing the brain properly, such as jogging and going to the gym as in the total behavior described. As a matter of fact, Edward and Florence thought they have loved each other. They had to take care of their thoughts, because if one of them could see the bright side and neglects all the issues, and put them on another problem. They wouldn't separate normally. They couldn't handle their minds peacefully. They had always seen the conflicts, while they might have solved their problem easily by taking care of their minds and put the bad thoughts into the trashing bin. Although they brainwash their brain. The choice theory is always the solution for such behavior that couples see themselves that they are tough to live with each other. As it is said, "It is our interconnectedness, our interrelationships, not just among people but also among all living things, that sustains us and provides resilience against adversity" (David Perlmutter, Austin Perlmutter, and Christin Loberg, Brainwash, 2020). Brain Wash will tell you how to live peacefully and happily by exposing what is wrong with all the negative habits society embraces as natural, how they affect our minds, and the 10-day program. Simply, it's fairly decent you have. In



minutes and parcels that come the next day, you can order food. There's an unlimited amount that can be streamed immediately from videos and movies. So why are you so terrible yet? Right now we may think life's perfect, the truth is that all of us struggle inside. How we got to this place and what is the healing? The regrettable fact is that cultural standards cover our minds and rob us of our pleasure, our wellbeing, and our attachment. Unknowingly, these social patterns have developed behaviors that cause you to make decisions that exclude you from a healthy life. However, a prescription for solving these issues is available.

She felt instantly as if she kissed her mouth, strained and forceful, she pushed her teeth through, like a bull hanging in a room. "I'm so happy, too," she said quietly" (Ian McEwan, 2007, 47). Her own lips curled and automatically turned away, making Edward even more space. He was well-known that this style of kissing she didn't like and he had never been so confident before. While she was begging for this special spot to pass, Florence noticed that she had crawled across an empty truth, obviously retrospective enough as primal and timeworn as Danegeld or the right of the seigneur, and nearly too basic to be determined: in deciding to be married, she had accepted this very thing for the sake of shape. She realized it was proper that she did this and did it to her. After the celebration to enter in the register, Edward and their families returned to the dim sacristy, and all their names, purported maturity, confetti, and cake, were nice distractions.

"In a frenzy of anger and shame she sprang from the bed.  
And still, her other watching self  
appeared to be telling her calmly, but not quite in words,  
but this is just what it's like to be mad. She  
could not look at him. It was torture to remain  
in the room with someone who knew her like this" (McEwan, 2007, 132).

This is about not doing anything in the world and the universe will go safe. This philosophy brings vulnerable points for people. People all around the world, like the short and easy way to get their goal. The choice theory states that getting goals will hurt people, will learn people how to appreciate the goal if people can get it. They all use the same poison seeds to kill their motivation. People imitate their people around. They

have to get away from normal, mediocrity techniques as was mentioned in “external control psychology”. They are where they are in the circle of their minds. It shows the way Edward feels in his life. Edward was in a situation that he couldn’t focus well. He easily gives up on his life. Florence has left Edward. They were not responsible. They were not proactive. Edward followed her but he wants her to follow him blindly. He used "External control psychology" that he practiced in his life. On the other hand, Florence did not take the marriage on the safe side. She is the problem while she left him at their first-night wedding.

Steven Covey in his book *THE SEVEN HIGHLY EFFECTIVE PEOPLE* in 1989, talked about responsibility or proactive people. It fits the study for people who want to apply the choice theory responsibility in their life. Frankl defined an accurate self-map in identifying the fundamental tenet of the nature of man, from which a highly efficient person began to create the first and basic practice of proactivity in any setting. Although the proactive phrase in management literature is now rather widespread, it is a word people won't find in most dictionaries. It implies more than just seizing the lead. It means that Humans are accountable as human beings for their own life. Their conduct depends on their decisions and not on their conditions. People can value some feelings. They've got the initiative and the accountability of doing things. Look at the capacity to pick up the respond, the term accountability "responsibility." This is recognized by highly proactive individuals. They do not criticize their behavior, surroundings, or environment. Their behavior, based on principles and not a product of their own feelings, is the consequence of their own deliberate decision. Because people with nature are proactive, when their lives are conditioned and conditioned, they decided to empower people to dominate them by conscious decision or by default (34).

The majority of individuals are reactive in making such a choice. The physical environment of reactionary persons is often impacted. They feel well when the weather is favorable. If not, their behavior and function will be affected. Proactive people can bring with them their own atmosphere. It makes absolutely no difference either it rains or shines. They drive worth, and it's not dependent on whether or not the weather is favorable if their value is to create excellent quality work. Vulnerable individuals also

suffer from "social weather" through their social surroundings. If society treats them well, they feel good; they are defensive or protective while they don't. Reactive individuals construct their emotional life around others' conduct, allowing others to manage their vulnerabilities. The core of the proactive individual is the capacity to subordinate an impulsion to one value. Reactive individuals are motivated by feelings, conditions, the surroundings. Proactive individuals are driven by ideals that have been thoroughly considered, selected, and integrated. External cues, whether physical, social, or psychological, continue to affect proactive individuals. However, their reaction to stimuli is a value-based decision or response, whether conscious or not (34). Viktor Frankl shows that in life, there are three fundamental qualities. the experience, creative and our reaction in terrible circumstances, such as terminal disease. Confirming that Frankl points out – that in the paradigm of reframing sense, the greatest of all three values is attitude. In other words, how people react to what they experience in life is the most important thing. Difficult situations frequently produce paradigm shifts, entirely new systems of reference that individuals look at and ask for in the world and themselves and other people. Their wider viewpoint reflects the attitude which lifts and inspires people (35).

Applying the choice theory for people who are not responsible for Edward and Florence. The choice theory guides people to take a circle and put themselves in the air of responsibility. Following Edward and Florence's flow that they were ignoring their marriage. They have lost the courage to work properly for their life. The choice advocated people who should wait for what they want. If they want miserable life they will get it, if they will get the happiness they will get it. The choice theory teaches people around the world the accountability of change, seriousness, having the ability to change people's attitudes. Edward and Florence have the external control psychology for their attitudes. They haven't practiced internal control psychology for their attitudes. As Nietzsche in his concept of superman mentioned. "Practice is very vital for any high performer, but eventually you run out of rehearsal time" (Daniel McGinn, 2017, 10). The choice theory works on the ability of people and how to use all of limitless energy for being a good character and be successful. As shown above, Edward that he easily

quit, he didn't take action, couldn't endure the pressure. He could do more than he has done. By competing nicely, changing his attitudes properly, or center himself greatly. Practicing choice theory step by step will develop his inner skills to focus on internal control psychology rather than external control psychology.

Edward and Florence could not reveal their inner side to each other in order to have a great relationship with each other, with no secrets, no exaggerating stuff as complaining, blaming, criticizing, etc. As the choice theory mentioned with Disconnect habit relationship. One of the bids is to show the impact and influence from the different sides of a character to make changes and differences in life. But, they could not influence each other properly. Florence has left him badly in her first night with Edward.

“This is how the entire course of a life can be changed:  
by doing nothing. On Chesil Beach, he could have called  
out to Florence, he could have done after her. He didn't know  
or wouldn't have cared to know that as she ran away from him, she had never  
loved him more, or more hopelessly, and that the  
sound of his voice would have been a deliverance,  
and she would have turned back" (Ian McEwan, 2007, 203).

Edward and Florence are arrogant. They did not bear the flow of each other. They tried to manipulate each other. When they are acquaintances, each one of them tried to show himself or herself as a good version and sophisticated character. This technique is old and it is external control psychology that puts people on the wrong side. According to Nietzsche, wonderful person must be a person who is a bridge and not an end. Man is a cord, bound between a beast and a surgeon, a corpse above a bottomless pit. The superman will simply be a hilarious stock or a terrible confusion. Don't waste on a man, thus, the superman, humankind is not people's objective (Nietzsche, 2005, p.7). Nietzsche believed that people had some capacity for growth. The Darwinian notion of evolution instantly comes to mind. Men are still unstoppable for the biggest opportunity. In Thus Spoke Zarathustra, Nietzsche argues that mankind is certainly a sick animal in his present situation and his poor conscience, but this affliction is like an embryo, a weighty illness of potential. So, "man is such an imperfect and transitory

creature that it looks like nature has certain intentions for him in the future - as if the person was not an end, but a route, an episode, a breakthrough, a huge promise" (Fortich, 2010, 77). Nietzsche estimates that "man is to be vanquished by nature" (Nietzsche, 2005, p.5). This is why Zarathustra challenges the public for what they did to conquer the human being that they can be seen as a superman. The characters who listened to Zarathustra lived in a society that praised equality, democracy, socialism, and feminism. Nietzsche believed that this did not foster the birth of a superman but of the final man who was a man at the end of his evolutionary tether (Fortich, 2010, 77). The superman of Nietzsche's view is the being who overcame what has been classified as human - the system of value that is now collapsing. Since Nietzsche (2005) considers "humanity needs to be overthrown" (p.5), superman, therefore, reflects "the new ideal to be aimed at by the lightning, out of the black cloud of man" (Strangroom, 2006, p.18-9). He identifies the religious or transcendental hope and delusion as 'human, all too human' which is defined by their present dead value scheme: the belief that morality is obedience to the dead will of God, the fictional benefits of the next world in this and so forth, excuse somehow enslavement. Superman so refuses to do all of these things, establishing his position and his will in the world. Nietzsche states, "Man's a missing link to an above species, a superman," and not the pinnacle of development (Nietzsche, 2005, p.7). These supermen were not physically powerful as suggests a superman's usual understanding. While "in one sense they may be feeble, they are creating such that they may advance human beings socially, economically and in other ways" (Gayon, 2005, p.205).

This indicates that superman incarnates inventiveness, naivety, and in fact free spirit. In the same fashion, the choice theory encourages people to see themselves to take responsibility to take actions as Nietzsche's superman character. Apparently, the choice theory wants people to become creative. Creativity comes by practicing good habits. Edward and Florence are in the same circle. they wait for each other's rescue. They have not worked for their potential ability to change themselves to have a good relationship. The choice theory signifies the kind of life that is far away from conflict. The most important points from the choice theory for couples to practice are that

supporting, encouraging, listening, accepting, trusting, respecting, and negotiating differences. These are going to help people to get a good relationship. Thus, these are not coming easily; they will come on time by practicing the habits in good quality. If Edward and Florence have practiced these above points perfectly, rather they lived peacefully. “Connecting is not magic. Like any other skills, it can be learned, practiced, and mastered.” (John Guttman, 2001, 39). On the other hand, The Relationship Core completely fits this topic, it will teach people well how to enhance their entire connection, either in a marriage, at the workplace, or with friends, by demonstrating how others convey their requirements and how to communicate their own wants effectively. The book advocates, Opening will not take people nearer to their mate, but they will comprehend and apply bids. “people hear something a person says, or they see a facial expression or gesture, that reveals their happiness, sadness, anger, fear, contempt, or disgust. Once they notice it, they let this person know with their words, expressions, or gestures that they understand how they’re feeling” (John Guttman, 2001, 90). It supports the activity of the action rather than passively. People should learn the sophisticated behavior that comes from the different experience experts that people will get days after days. Choice theory signifies the type of great character that makes actions, no complaint about little stuff. Edward and Florence's childhood were controlled them. They practiced external psychology. They were not able to change their behavior, to make differences in their life as creative character.

They regarded themselves as too sophisticated to believe in destiny, but still, it remained a paradox to them that so momentous a meeting should be accidental, so dependent on a hundred minor events and choices.  
What a terrifying possibility, that it might never have happened at all.  
And in the first rush of love, they often wondered at how nearly their paths had crossed during their early teens, when Edward descended occasionally from the remoteness of his squalid family home in the Chiltern Hills to visit Oxford (Ian McEwan, 2007, 45)

Finally, this study is a type of work concerned with the serious routine problems faced by the characters. These problems that the majority of individuals grapple with and cannot resolve include issues such as having relationship conflicts and satisfying their individual needs. It is the internal method that guides people peacefully into

tranquility. The study shows the individual's external control psychology that is practiced since childhood until growing up into adults. They are programmed by ancestors, relatives, families, schools, etc. The study encourages the individuals to work on themselves properly by following the Choice Theory's internal control psychology. The individuals have to take care of their lives by showing responsibility and satisfying their needs properly in order to lead decent lives.

## CONCLUSION

This study is concerned with Choice Theory in the field of literature. Choice theory is a psychological freedom theory that leads people to be independent rather than dependent on other people.

The theory guides individuals towards whatever they want in their life. They have to attain their goals by making proper yet tough decisions. The theory directs the individuals to behave independently as a result of adhering to the principles of internal control psychology rather than those of external control psychology. The outside world of the characters shows that the told techniques of ancestors, parents, and teachers are used negatively by individuals in their daily lives. Choice theory shows how characters make sense of their lives and control themselves.

The theory has five basic principles which can be summarized in this quote: “people may love, have fun, survive, have power, or get freedom.” These principles can satisfy people's deep psychological needs should they implement them in their lives. Choice Theory also posits that real deep relationships can be achieved through adopting the seven “connecting relationship habits” which are “supporting, encouraging, listening, accepting, trusting, respecting, and negotiating differences”. Oppositely, the majority of the individuals ruin their relationships by following the seven “disconnecting relationship habits” such as “criticizing, blaming, complaining, nagging, threatening, punishing, bribing or rewarding to control”. The Choice Theory also introduces ten axioms which individuals should adhere to in order to live peacefully. Another aspect of the Choice Theory is called the quality world; it is the image that majority of individuals put in their minds which is responsible for seeing the world. The next element of the Choice Theory is called “a perceived world.” It is about a perceptual system in which a character can experience life which through the five senses to produce “Total Knowledge Filter or “Valuing Filter”.



“Perceived world” probably stems from friends, family, and education, and it is quite subjective.

Another element in Choice Theory is “comparing places” which is the clash of the quality world and the perceived world; if they match with each other, that person will be good. The last element is concerned with external or internal control psychology; people experience life externally while they work internally in their lives. In this study, Choice Theory works on two novels: *Tuesday with Morrie* and *On Chesil Beach*. In *Tuesday with Morrie*, this theory studies Morrie who is a professor in the university, and his student Mitch comes to visit him on Tuesdays in order to learn life’s experience from the professor. The novel is about life experiences; people have lived without realizing how to live peacefully. The novel demonstrates people’s lives in the 90s, as they are aware of their consuming lives, and people behave as if they are machines. They work to meet their needs and are greedy because of the inappropriate world around them. Morrie talks about love, life, death, friendship, religion, money, family, business, fate, etc. The Choice Theory scrutinizes such themes, as it works extremely well on concepts that deal with profound realities of life. At the start of the novel, Mitch is frustrated and does not have such a meaningful life due to his uncle’s death. He is in a desperate situation and feels lonely in this non- beautiful world. By having such a proper sense, Mitch starts appreciating life peacefully.

Chapter three is concerned with the novel *On Chesil Beach*. It is about two lovers “Edward and Florence” who do not know how to get along well with each other. Choice theory demonstrates the real conflicts between couples. They love each other passionately but cannot live with each other properly. They have practiced external control psychology rather than internal control psychology. They have inflated egos, and they cannot get rid of it. In fact, they have been in a tough situation, both blaming each other for their failures. When they separated from each other, they blamed each other while they regretted their decision. Blindly, they have lived as a couple, and they have dreamed to live as a couple. Although they have seen the conflict growing between them, they still have always ignored it until the day came when Edward is losing his

temper on the first night of his wedding and this ruins their life. Florence is afraid of the idea of sex while Edward does not have this fear.

To conclude, this study reveals what conflicts the characters go through in their lives and shows how these conflicts can be solved by the Choice Theory.

## REFERENCES

Achor, S. (2018). *The Happiness Advantage*.

Adams, S. (2014). *How to Fail at Almost Everything and Still Win Big*.

Admiral William H. McRaven. (2017). *Make Your Bed*. Grand Central Publishing.

Albert, E. (1923). *History of English Literature*.

Album, M. (2015). *Detroit Free Press*.

Album, M. (1997). *Tuesdays with Morrie*. *Broadway Books; Anniversary*.2002.

Album, Mitch (2006). *Tuesdays with Morrie, Managed Care (Langhorne, Pa.)*, *Books on Tape*, 11 (2 Suppl): 31–3, ISBN 978-0-7393-4615-0, OCLC 1002100368, PMID 11907999.

Album, Mitch. (2016). *Ernie Harwell still inspires man who plays him*. *Detroit Free Press*.  
Retrieved, 2017.

Alfred C Kinsey. (1948). *Sexual behavior in the human male*.

Barker, R. (1968). *The Power of Decision*. *TarcherPerigee*; Reprint edition.

Builder, C. (2015). *How to Build Your Dream Home Without Getting Nailed! Save Your Time, Money, Sanity and Relationships*. Chubby *Builder Publishing*.

Coelho, P. (2018). *The Essential*.

Coelho, P. (1988). *The Alchemist*. Chapter One; *Anniversary edition*.

Confianza, G. (2018). *Self-Discovery Journal*.

**Corey Wayne. (2018). Mastering Yourself, How TO Align Your Life with Your True Calling & Reach Your Full Potential. *The Corey Wayne Companies, Inc.*; 1 edition.**

**Covey, S. (1989). The Seven Habits of Highly Effective People. *Simon & Schuster; Anniversary edition.***

**Daniel R. Headrick. (2010). Power over Peoples. *Princeton University Press.***

**De Botton, Alain. (1997). Continuing Ed''. *The New York Times.***

**Dean, M. (1999). Governmentality: Power and Rule in Modern Society. *SAGE Publications Ltd;* Second edition.**

**Deutsch, R. (1729). Jewish by Choice. *National Light.***

**Dorff, R. (2010). Jewish Choices, Jewish Voices: Social Justice. *Perfect Paperback.***

**Erikson. (1969). E, H. Identity: Youth and Crisis. *W. W. Norton & Company.***

**Erlanson, D. (2018). What is Reality? *An Introduction to Metaphysics.***

**Garron, M. (2018). Mastering psychology.**

**GHISTA, B. (2019). Born with Wings.**

**Gibson, T. (2012). How to Get Out of Your Own Way. *Grand Central Publishing; Reprint edition.***

**Glaser, W.S. (1998). Choice theory. *HarperCollins Publishers.***

**Goldhagen, S. (2020). Welcome to Your World. *Harper Paperbacks; Reprint edition.***

**Goldstein, E, Bruce. (2014). Cognitive Psychology. *Cengage Learning; 4 editions.***

**Goleman, D. (2012). Emotional Intelligence. *Bantam; 1 edition.***

- Gonzalez, Dz. (2013). The Art of Mental Training. *Gonzo Lane Media*.**
- Hallman, J.R. (1961). Psychology of Literature: A Study of Alienation and Tragedy. Literary Licensing, LLC.**
- Harari, Y. (2014). Sapiens: A Brief History of Humankind. *Harper Perennial*; Reprint edition,**
- Ho, law & Ireland, S & Hussain, Zulfi. (2007). The Psychology of Coaching, Mentoring and Learning. *Wiley-Blackwell*; 2 editions.**
- Jeanne H. Ballantine. (1993). Schools and Society: A Sociological Approach to Education. *SAGE Publications, Inc.*; 6 editions.**
- Jeanne H. Ballantine. (1998). Our Social World: Introduction to Sociology. *SAGE Publications, ink*; 7 editions.**
- Josipovici, G. (2010). What Ever Happened to Modernism? Yale University Press; Reprint edition.**
- Kahneman, D. (2011). Thinking, Fast and Slow. *Farrar, Straus and Giroux*; 1 edition.**
- Kerrigan, M. (2002). What Choice Do I Have? *Markowski Intl*.**
- Lama, D. (1998). The Art of Happiness. *Riverhead Books; Anniversary edition*.**
- Levenson, M. (1991). Modernism and the Fate of Individuality: Character and Novelistic Form from Conrad to Wool. *Cambridge University Press*.**
- Linley, P. (1998). Positive Psychology in Practice. *Wiley*; 2 editions.**
- Lopez, Sh & Pedrotti, J. (2018). Positive Psychology, *SAGE Publications, Inc.*; 4 editions.**
- Magnusson. (2019). International Relations as Politics among People. *Routledge*; 1 edition.**

- Mangal, S.k. (1988). General psychology. *Sterling Publishers Pvt Ltd.***
- Marini, I., Stebnicki. M, A. (2012). The Psychological and Social Impact of Illness and Disability. *Springer Publishing Company; 7 editions.***
- Maslow, A, H. (1954). Motivation and Personality. *Prabhat Prakashan.***
- Mayer, John, D. (2006). Personality Psychology. *Pearson; 1 edition.***
- Mays, k. (2005). The Norton Introduction to Literature (Portable Twelfth Edition). W. W. Norton & Company; *Portable Twelfth edition.***
- McEwan, I. (2007). *On Chesil Beach.* Anchor; *Reprint edition.***
- Mitch Album. (2011). Making Music. *Archived from the original.***
- Morais, F. (2008). A Warrior's Life: The Authorized Biography. *Harper One.***
- Pigliucci, M. (2020). How to Live a Good Life: A Guide to Choosing Your Personal Philosophy? *Vintage.2020.***
- Robinson, T. (1998). Live with Passion. *Nightingale Conant.***
- Rogers & Wright, E. (2011). American Society: How It Really Works (Second Edition).**
- Sokol, L. (2019). Cognitive Behavioral Therapy. *PESI Publishing & Media.***
- Sutherland, J. (2013). A Little History of Literature. *Yale University Press.***
- T. M. Scanlon. (2013). Being Realistic about Reasons. *Oxford University Press; Reprint edition.***
- Thomas, G. (2017). How to Do Your Research Project. *SAGE Publications Ltd; Third edition.***

**Tom. D., Tom H., Susan. S. (2013). NLP: The Essential Guide to Neuro-Linguistic Programming.**

*William Morrow Paperbacks.*

**Wedellsborg, T. (2020). What's Your Problem? *Harvard Business Review Press.***

**Zinn, H. (1980). A People's History of the United States. *Harper Perennial Modern Classics; Reissue edition***

## **CURRICULUM VITAE**

AYOUB MAHDI EDDAN AL-SUMIDDA. He obtained a bachelor's degree in English literature from Salahadin University, Erbil in 2018. He studied his master's degree at Karabuk University, Turkey in 2021. He got many certifications from the field of Media, speech eloquent, business, and academic world for children and adults teaching. He has been a teacher at Wano English private school. He worked at Xoshnaw company as a manager for the LG equipment. He is teaching at Shahan school now. He has many skills on how to teach on the stage. He is using the TPRS method to teach adults the English language.