

## REALITY THERAPY - WDEP WORKSHEET

Wants	Comments
<ul style="list-style-type: none"><li>• What do you want?</li><li>• What do you want instead of the problem?</li><li>• What is your picture of a quality life, relationship, etc?</li><li>• What do your family/friends want for you?</li><li>• What do you want from counselling?</li></ul>	
<b>Doing</b> <ul style="list-style-type: none"><li>• What are you doing? (acting, thinking, feeling, physiology)</li><li>• When you act this way, what are you thinking?</li><li>• When you think/act this way, how are you feeling?</li><li>• How do your thoughts/actions affect your health?</li></ul>	
<b>Evaluate</b> <ul style="list-style-type: none"><li>• Is what you are doing, helping you get what you want?</li><li>• Is it taking you in the direction you want to go?</li><li>• Is what you want achievable?</li><li>• Does it help you to look at it in that way?</li><li>• How hard are you prepared to work at this?</li><li>• Is your current level of commitment working in your favour?</li><li>• Is it a helpful plan?</li></ul>	
<b>Plan</b> <ul style="list-style-type: none"><li>• What are you prepared to do/think differently that will take you in the direction you want to go?</li><li>• Are you clear about what you are going to do?</li><li>• Is it achievable?</li><li>• How will you know you have done it?</li><li>• Can you start doing it immediately?</li><li>• Is it in your control?</li><li>• Are you committed to doing it?</li></ul>	