

COUNSELING THEORY

Instructions: Identify a "problem area" in your life. (Please make this a real problem, but one that is not 100% personal.) Complete the worksheet related to this problem. On a separate page, provide your reaction yourself and why or how it was. Include an elaboration of what you learned. (If truly it wasn't helpful, please explain why you think it didn't work.) Also explain what you learned about Reality Therapy by doing this worksheet!

REALITY THERAPY: WDEP WORKSHEET

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