

# REALITY THERAPY WORKSHEET

## Wants

- What do you want?
- What do you want instead of the problem?
- What is your picture of quality life, relationship, etc?
- What do your family/friends want for you?
- What do you want from counselling?

## Doing

- 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?

## Evaluate

- 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 favour?
- Is it helpful plan?

## Plan

- 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?