

REALITY THERAPY - WDEP WORKSHEET

Wants	Comments
• 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 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 a 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?	