

### REALITY THERAPY – WDEP WORKSHEET

<b>Wants</b>	<b>Comments</b>
<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 counseling?</li> </ul>	
<p><b>Doing</b></p> <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>	
<p><b>Evaluate</b></p> <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 for this?</li> <li>• Is your current level of commitment working in your favor?</li> </ul>	
<p><b>Plan</b></p> <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>	