

Reality Therapy Worksheet

Name	Date
Wants	
What do you want?	
What do you think of when you picture a good life?	
What do you want instead of the problem you are facing?	
What do your family and friends want from you?	
What do you want from therapy?	
Doing	
What are you doing? (thinking, feeling, behaving)	
When you act like this, what are you thinking? What are you feeling?	

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Evaluate

Is what you are doing helping you get to where you want?

Is what you want an achievable goal?

How hard are you willing to work to achieve your goal?

Plan

Do you have a clear vision in mind about what you want to achieve?

How will you know when you have done it?

When can you start working toward this?

Are you committed to achieving your goal?