

Want vs Need Worksheet

Patient's name: _____ Age: _____
 Gender: _____ Date: _____ dd / mm / yyyy
 Examiner: _____

Fill out the table below. You can use the following questions to help you identify whether something is a want or a need: Why do I want or need this? Does it help me survive, stay safe, or stay healthy? (Need) Does it make life more comfortable, enjoyable, or fun? (Want) Can I live without it? If yes, it might be a want. If no, it's likely a need. How would I feel if I didn't have it? Would it affect my health, safety, or well-being in a big way? (Need) Will I feel annoyed or sad for a while but eventually be okay? (Want) Am I prioritizing this because it's important or because I feel like having it right now?

Needs:

Wants:

SELF-REFLECTION

Are there any "wants" I'm treating like a "need"? Why do I feel this way?

Are there any "needs" I'm not paying enough attention to? What can I do to change that?

Which "wants" bring me happiness or joy, and which ones can I live without for now?

DEVELOPING DELIBERATE DECISION-MAKING

What steps can I take to focus on my needs first before my wants?

When I feel impulsive about getting something I want, what can I do to pause and think it over?

How can I plan to achieve my wants in a way that doesn't affect my needs?

How will I reward myself when I achieve something I need or deliberately pursue a want in a healthy way?

APPLYING THE SKILL

Read the scenario below and answer the questions that follow. Alex has been saving up allowance for a while and now has \$70. They have been wanting to buy a new video game because all their friends are playing it. However, their shoes's soles are very close to falling off, and they need a new pair, which might cost around \$60. Alex also promised to chip in for a friend's emergency vet bills, although they haven't committed to a price. Their younger sister is also asking for an afternoon tea set, too, which might cost \$15. Alex feels torn between spending the money on the video game, the shoes, helping a friend, and their younger sister's request.

What are the wants in this scenario, and why?

What are the needs in this scenario, and why?

If you were Alex, what would you do and why?

ADDITIONAL NOTES

Specify below: