

Meeting Needs with Reality Therapy

It is important to remember that every human is born with needs and we are motivated throughout our lives to satisfy them. When met, we feel good and experience a greater sense of wellbeing (Wubbolding, 2017).

This worksheet helps us understand our needs and what actions we could take to meet them (modified from Wubbolding, 2017).

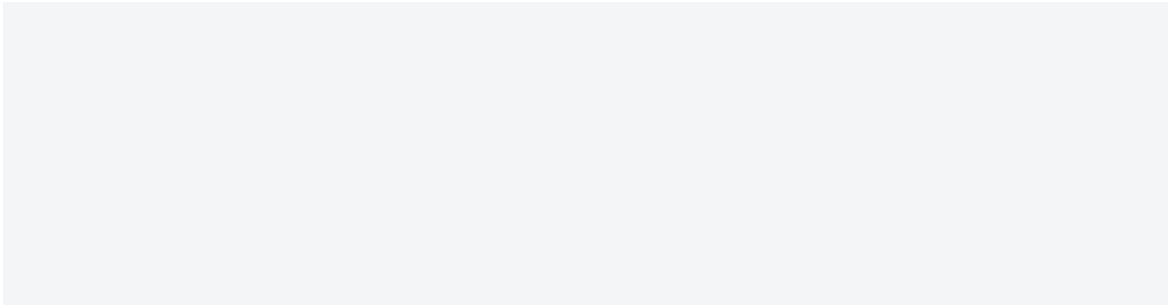
Ask yourself, how are you meeting, or could you meet, the following needs:

1. **What are you doing to take care of your health (for example, exercise, eating well, etc.)?**

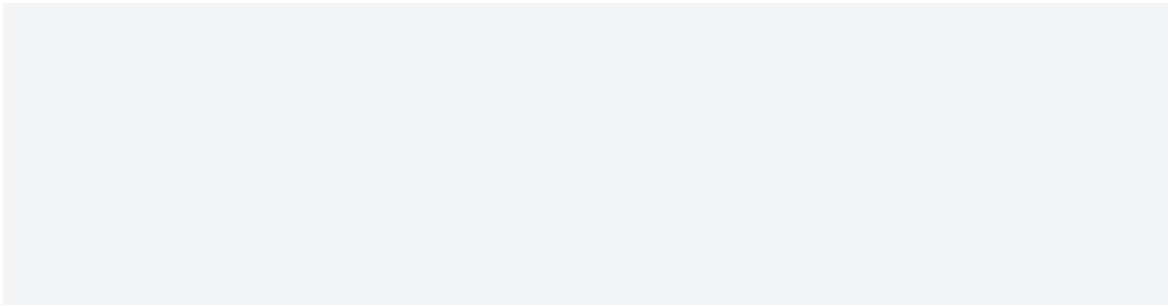
What could you plan to do?

2. **What are you doing to belong or be involved with other people?**

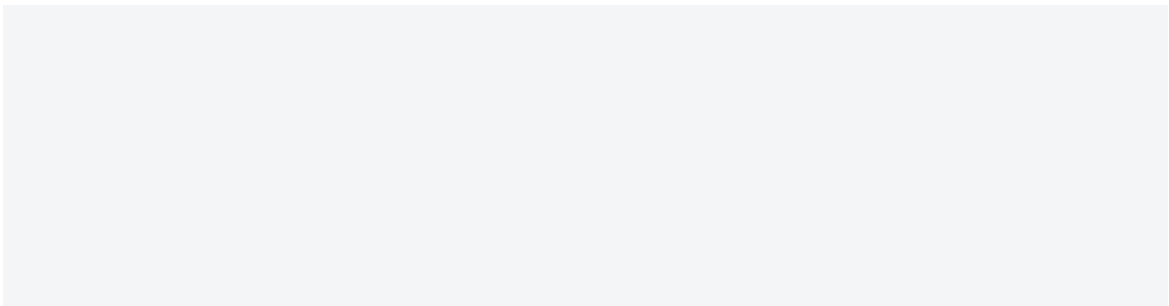
What could you plan to do?



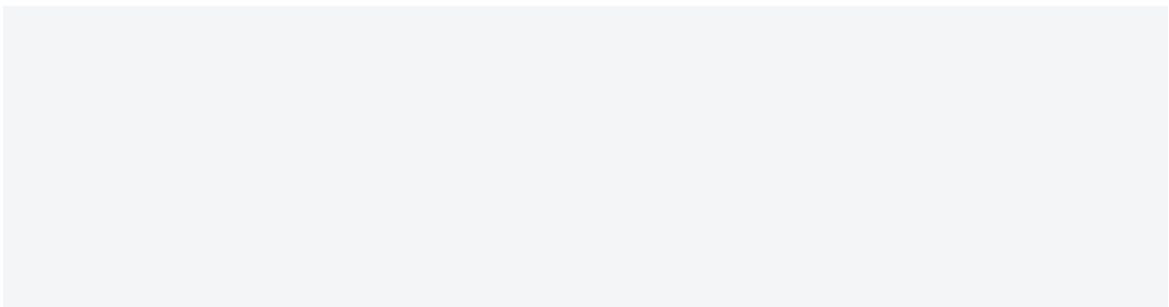
3. What are you doing to feel in control of your life?



What could you plan to do?



4. What are you doing to make choices and be free?



What could you plan to do?

5. What are you doing to have fun and enjoy life?

What could you plan to do?

Leave the completed sheet somewhere visible as a reminder of some positive actions you could take to meet your needs.

References

- Wubbolding, R. E. (2017). *Reality therapy and Self-Evaluation – the key to client change*. Alexandria, VA: American Counseling Association.

Dr. Jeremy Sutton