

WDEP Questions

Worksheet

W

What do you Want?

What do you want to be or do?

What do you want rather than this issue?

What does your ideal career, relationship, etc. look like?

What do your loved ones/friends want for you?

What do you want to achieve from this therapy?

D

What are you Doing?

What are you doing (physically, mentally, emotionally)?

What actions have you tried taking?

When you behave this way, what thoughts are occurring?

What do you feel when you think these thoughts?

How do these thoughts/actions impact your well-being?

E

Evaluate: Is it Working?

Is your behavior working in helping you get what you want?

Are these actions taking you in your desired direction?

Are you content with how things are?

Is what you want attainable?

Is viewing things this way helpful?

P

What is your Plan?

What plan do you have for moving in your desired direction?

What will you willingly change about your thoughts or actions to achieve this? When?

How frequently? Where?

Are you clear about what you will do? Is it realistic?

How will you know you have achieved it?

Can you start now? Is it in your control?

How committed are you to doing it?