

# Want vs Need Worksheet

**Patient's name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Examiner:** \_\_\_\_\_

Fill out the table below. You can use the following questions to help you identify whether something is a want or a need:

1. 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)
2. Can I live without it?
  - If yes, it might be a want.
  - If no, it's likely a need.
3. 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)
4. Am I prioritizing this because it's important or because I feel like having it right now?

## Self-reflection

**1. Are there any “wants” I’m treating like a “need”? Why do I feel this way?**

**2. Are there any “needs” I’m not paying enough attention to? What can I do to change that?**

**3. Which “wants” bring me happiness or joy, and which ones can I live without for now?**

## Developing deliberate decision-making

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

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

Examples: take deep breaths, wait a day before deciding, or ask someone for advice.

**3. How can I plan to achieve my wants in a way that doesn’t affect my needs?**

**4. 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.

**1. What are the wants in this scenario, and why?**

**2. What are the needs in this scenario, and why?**

**3. If you were Alex, what would you do and why?**

## Additional notes