

Want vs Need Worksheet

Patient's name: Gabriel Morales **Age:** 9 **Gender:** Male

Date: December 20, 2024 **Examiner:** Ms. Martinez

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?

Needs	Wants
New backpack for school	Bigger LEGO sets
Healthy snacks/lunch	A new PlayStation 5
Proper winter jacket	A stuffed Mario plush
Medicine for allergies	Cool superhero posters
Shoes that fit well	A fancy pencil case
School supplies (pencils, notebooks)	A new action figure
Daily rest/sleep	More time for playing video games
Glass of water during class	Toy robot
Family's help with homework	New headphones
Comfortable bed	More Robux

Self-reflection

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

I sometimes act like buying a new PS5 is a “need.” I feel this way because all my friends have one and I don’t want to feel left out.

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

I sometimes forget how important it is to have healthy snacks for school. I can plan with my mom to buy fruit or granola bars instead of candy.

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

Playing board games with my cousins and some new Mario plushes make me super happy. I can wait on new video games for a while because I already have a few games I can play.

Developing deliberate decision-making

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

I can make a small list of what’s most important first, like good shoes or school supplies. Then, if I have extra money or time, I can see if I can get the fun stuff after.

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.

I can try waiting a day before buying it. I’ll also talk to my mom or a friend to see if it’s worth spending my money on.

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

I can save a little bit from my allowance each week after I’ve put aside money for important things like lunches or new notebooks.

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

I can reward myself by treating myself to a fun activity with my family, like a movie night or cooking something tasty with my aunt.

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?

The new video game and the tea set for Alex's sister. Because Alex doesn't need them to be safe or healthy.

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

New shoes for Alex, because the old ones are almost broken, and maybe helping their friend's pet. Shoes protect Alex's feet, and their friend might really need that help for the pet's health.

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

I would buy the new shoes because they're important for walking safely. Then I would see how much I can spare to help my friend's vet bill. I'd wait on the video game until I can save again, or ask my sister if she can wait longer for the tea set.

Additional notes

Gabriel is learning to separate his strong desires (like games) from his real needs (like new shoes). He's also recognizing that helping others (like a sick pet) can be more important than buying all the fun things right away.