

Understanding Client 'Wants'

Our motivation relies on the satisfaction of several basic needs. Therefore, it is crucial in therapy to help the client understand what they strive for – their wants and goals.

Inquiring and reflecting in therapy are valuable techniques for digging deeper into the client's wants, helping them and the therapist form a more detailed picture upon which further work can be based.

Use the worksheet to guide questioning and reflection to better understand their 'wants' during the session or as homework afterward.

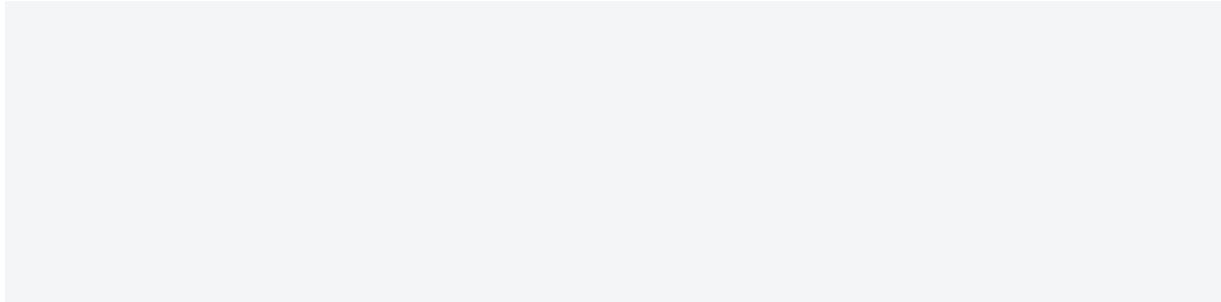
Ask the client the following questions (either the client or the therapist capturing the answers in the boxes provided) (modified from Wubbolding, 2017):

What do you seek from the world that you are either i) getting, ii) partly getting, or iii) not getting?

How much effort are you prepared to exert to satisfy your desire (a score between 1 and 10, or a % of the week)?

What might you have to give up or change to get what you want?

What are you happy to settle for if you are not able to attain everything you wish?



Regularly review your answers, and re-complete the worksheet if required, to understand what you want and what you need to give.

References

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

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