

WDEP (Wants, Doing, Evaluation, Plan) Worksheet

Client Name:

Date:

Therapist Name:

Wants

What are your main goals or desires in therapy?

- List specific outcomes you hope to achieve.

Doing

What actions or behaviors are you currently engaged in to work towards your goals?

- Describe any efforts you have made to address your wants.

Evaluation

Reflect on the effectiveness of your current actions in achieving your goals.

Rate each action or behavior on a scale of 1 to 10 (1 = not effective, 10 = highly effective).

| Action/Behavior | Effectiveness (1-10) |
|-----------------|----------------------|
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| | |

Plan

Based on your evaluation, what changes or adjustments are needed to better align your actions with your goals?

- What specific steps will you take to implement these changes?

Additional Notes

Next Session Goals

Therapist's Signature:

Client's Signature:
