

Wants vs. Needs

Name: _____ Date: _____

Look back over the lists you created on the previous page. Place a check mark beside everything on the list that has brought you pleasure, and place an 'X' beside everything that has brought you stress, depression or anxiety. Some of the things on your lists might have both an X and a check mark. For example, under the *wants* section, you might have listed, "A new car." You may have the desire for a new car, and the thought of getting a new one might have brought you pleasure, but now you find that the thought of payments, plus maintenance and upkeep are causing you stress. In that case, it's okay to put both an X and a check mark by the item.

When you have finished marking each list, count how many X marks you have, and how many check marks you have. Which list has more X marks, your *needs* list, or your *wants* list? What does this information tell you about the things in your life that cause you stress? Are you getting more stress from your *needs*, or from your *wants*?

What does this information tell you about the things in your life that cause you pleasure? Are you getting more pleasure and enjoyment from your *needs*, or from your *wants*? Once you've added up all the check marks and the X marks, go on to answer the questions below.

I had more check marks in my (circle one)

Wants List | Needs List

I had more X marks in my (circle one)

Wants List | Needs List

If you had more X marks in your NEEDS list, what specifically would you have to let go of in order to decrease the stressful thoughts associated with these items? For example, if you are stressed out about your diet, how could you change your thinking about the food you eat so that you could be more accepting of your dietary needs?

If you had more X marks in your WANTS list, is this a 'want' that you could do without? If you did without it, would your life be less stressful? How? Would having the item reduce your stress, or add to it? How?
