Wants vs. Needs page 1 of 3 Date: Name: A common source of stress in our lives comes from having difficulty distinguishing between our wants and our needs. For purposes of this exercise, a need is something that we could absolutely not live without (for example: food, medical care, clothing, shelter, or love), while a want would be something that might be nice to have, but is not essential to our survival and well-being (for example: a nice house, a nice car, money for recreation and entertainment). Think about the things that are absolutely essential to your survival. Picture this as being stranded on a desert island. What would be the bare minimum you would need in order to live out the rest of your life while having your basic needs met? Write your answers in the space below. **NEEDS** Now think about the things in life that it might be nice to have, but that are not absolutely essential for survival. List those things in the space below. **WANTS**

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Name:	Date:
Look back over the lists you created on the previous page the list that has brought you pleasure, and place an 'X' be depression or anxiety. Some of the things on your lists mexample, under the <i>wants</i> section, you might have listed, new car, and the thought of getting a new one might have the thought of payments, plus maintenance and upkeep at to put both an X and a check mark by the item. When you have finished marking each list, count how ma marks you have. Which list has more X marks, your <i>ne</i> information tell you about the things in your life that cau from your <i>needs</i> , or from your <i>wants</i> ? What does this information tell you about the things in your more pleasure and enjoyment from your <i>needs</i> , or from check marks and the X marks, go on to answer the quest	eside everything that has brought you stress, night have both an X and a check mark. For a "A new car." You may have the desire for a brought you pleasure, but now you find that are causing you stress. In that case, it's okay any X marks you have, and how many check eds list, or your wants list? What does this use you stress? Are you getting more stress or life that cause you pleasure? Are you getting your wants? Once you've added up all the
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 specific decrease the stressful thoughts associated with these it about your diet, how could you change your thinking about accepting of your dietary needs?	tems? For example, if you are stressed out
If you had more X marks in your WANTS list, is this a 'want it, would your life be less stressful? How? Would having th	

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Name:	Date:
	EDS list, what specifically about these items brings you in the place in which you live, what is it exactly about you
pleasure? For example, if you find pleasure	ANTS list, what specifically about these items brings you re in possessions that are not absolutely essential to you not that brings you joy? Would it be possible to find simila so, how?