

WDEP is an acronym used to describe key procedures in Reality Therapy. W is for wants, needs and perceptions. D is direction and doing. E is self evaluation and P is for planning and action. So let's dive into the significance of each letter, how it's relative to reality therapy and the purpose of planning.

W which is for wants, needs and perceptions is intended to explore the wants of each client based on the five basic needs while consistently exploring their personal quality worlds. Therapist question clients to pinpoint their wants in addition to asking questions to better shape their perceptions. The goal of these questions is to get the client to see that they have actual control of their lives. D is direction and doing and this simply causes therapist to ask clients, "What are you doing?" The point of this question is to get clients to focus on a more present view of their issues. Clients are expected to gain more awareness from questions centered around current doings that will lead them to making better habits going forward. This procedure also focuses on that fact that speaking about feelings is a mute point unless they're related to current behavior. The goal in this procedure is to get clients to move toward action. E is for self evaluation. Self evaluation causes clients to ask themselves, "Does your present behavior have a reasonable chance of getting you what you want now and will it take you in the direction you want to go?" Clients typically present a problem with a particular relationship that is at the root of their dissatisfaction. The point of this question and all questions in self evaluation is to get the client to see how their current behaviors are contributing to their wants or pulling away from them.

P is planning and action. It's the last procedure of WDEP and that's because planning holds great significance within reality therapy. In the planning process, therapists want their

clients to take responsibility for their actions; or to accept the consequences of their actions.

There has to be consistency from the planner (clients) as plans are empty without commitment.

Planning has its own acronym to break down what makes an efficient, effective plan: SAMIC.

That said, plans should be simple, attainable, measurable, immediate, involved, controlled by the planner, committed to and consistently done. Clients are expected to write out plans and their therapist stress the need for commitment, yet are there to give grace if the plan fails.