

## Wants Vs. Needs in Recovery

At times it can be difficult to discern “wants” from “needs,” especially in early recovery. When making decisions, your needs should be prioritized over wants. Use this worksheet to list your current wants and needs, and then answer the following questions.

[illegible]

Which list is longer and why?

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How can you tell the difference between a want and a need?

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Is there anything that you're not certain is one or the other? What are reasons it could be a want? What are reasons it could be a need?

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What are some of the things on your list that are needs for you that may only be wants for others? Is there anything on your list that's a want for you, but a need for most?

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Currently, which wants/needs impact your decision-making the most?

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What (if anything) must you change to prioritize your needs? (Be specific.)

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