

Below is a list of general value categories, and some specific values that are common in each. See if any of them fit you, and use this page to fill out the values rating sheet on the next page.

### Family relations

- Work on current relationships
- Spend time with family
- Take an active role in raising my children
- Maintain consistent healthy communication

### Marriage/couples/intimate relationships

- Establish a sense of safety and trust
- Give and receive affection
- Spend quality time with my partner
- Show my partner how much I appreciate them

### Friendships/Social Relationships

- End destructive relationships
- Reach out for new relationships
- Feel a sense of belonging
- Have and keep close friends
- Spend time with friends
- Have people to do things with

### Mental/Emotional health

- Seek fun and things that give me pleasure
- Have free time
- Be independent and take care of myself
- Challenge my negative thinking
- Make my own decisions
- Engage in therapy
- Take my medications
- Stay active

### Physical well-being

- Live in secure and safe surroundings
- Engage in regular exercise
- Have a steady income to meet physical needs
- Eat foods that are nourishing to my body
- Maintain a balance between rest and activity
- Get enough sleep

### Citizenship/Community

- Contribute to the larger community
- Help people in need
- Improve society
- Be committed to a cause or group that has a larger purpose
- Make sacrifices for others

### Spirituality

- Follow traditions and customs
- Live according to spiritual principles
- Practice my religion or faith
- Grow in understanding myself, my personal calling, and life's purpose
- Discern the will of God
- Find meaning in life
- Develop a personal philosophy of life
- Spend time in nature
- Focus on the greater good

### Education/Training/Personal Growth

- Be involved in undertakings I believe personally are significant
- Try new and different things in life
- Learn new things
- Be daring and seek adventure
- Have an exciting life
- Learn to do challenging things that help me grow as a person

### Employment

- Be powerful and able to influence others, have authority
- Make important decisions that affect the organization
- Be a leader
- Make a great deal of money
- Be respected by others
- Be seen by others as successful, be ambitious
- Become well-known, obtain recognition and status
- Be productive, work hard
- Achieve significant goals
- Enjoy the work I do
- Do what I'm told and follow the rules

## Here are some other experiments to explore your own values:

1. Imagine that an important newscaster were doing a biographical story on your life. Think about how you'd want them to describe you. How would they describe the way you spent your time? How you related to others? What was most important to you? What are your strengths as a person? Write down a narrative of what they would say.
2. Imagine you could read the mind of a person that's important to you and with whom you've had a good relationship. They are thinking all kinds of thoughts about your qualities: what you stand for, what your strengths are, what you mean to him or her, and the role you play in his or her life.
3. Think about your heroes. They can be people directly in your life, or other people that you look up to, even fictional characters. What are their qualities? What do you admire about them?
4. Imagine you are writing your own autobiography. Imagine how you would like to live your life, barring all barriers, in the "best case scenario." What are the things that are most important to you in this scenario? What would you stand for? How would you spend your time?
5. Imagine that someone is performing the eulogy at your funeral. Looking back on your life, they would be commenting on your strengths, values, and achievements. How would you want them to describe your life?
6. If you are struggling to find a valued direction, commit to experimenting with some of the values on the previous pages for just one week. After choosing a value, plan to notice your reactions to making the effort to hold to this value. Make a list of behaviors that might fit with the value and choose one behavior to try. Notice your judgments that come up about choosing this behavior. Then make a plan to fulfill on the value-driven behavior. Just do the behavior without telling anyone about it and see what happens. Commit to following through on this behavior once per day for one week. Keep a diary of your reactions to behaving this way and others' reactions to you. At the end of the week, reflect on your experiment with someone else, like a therapist or group leader.