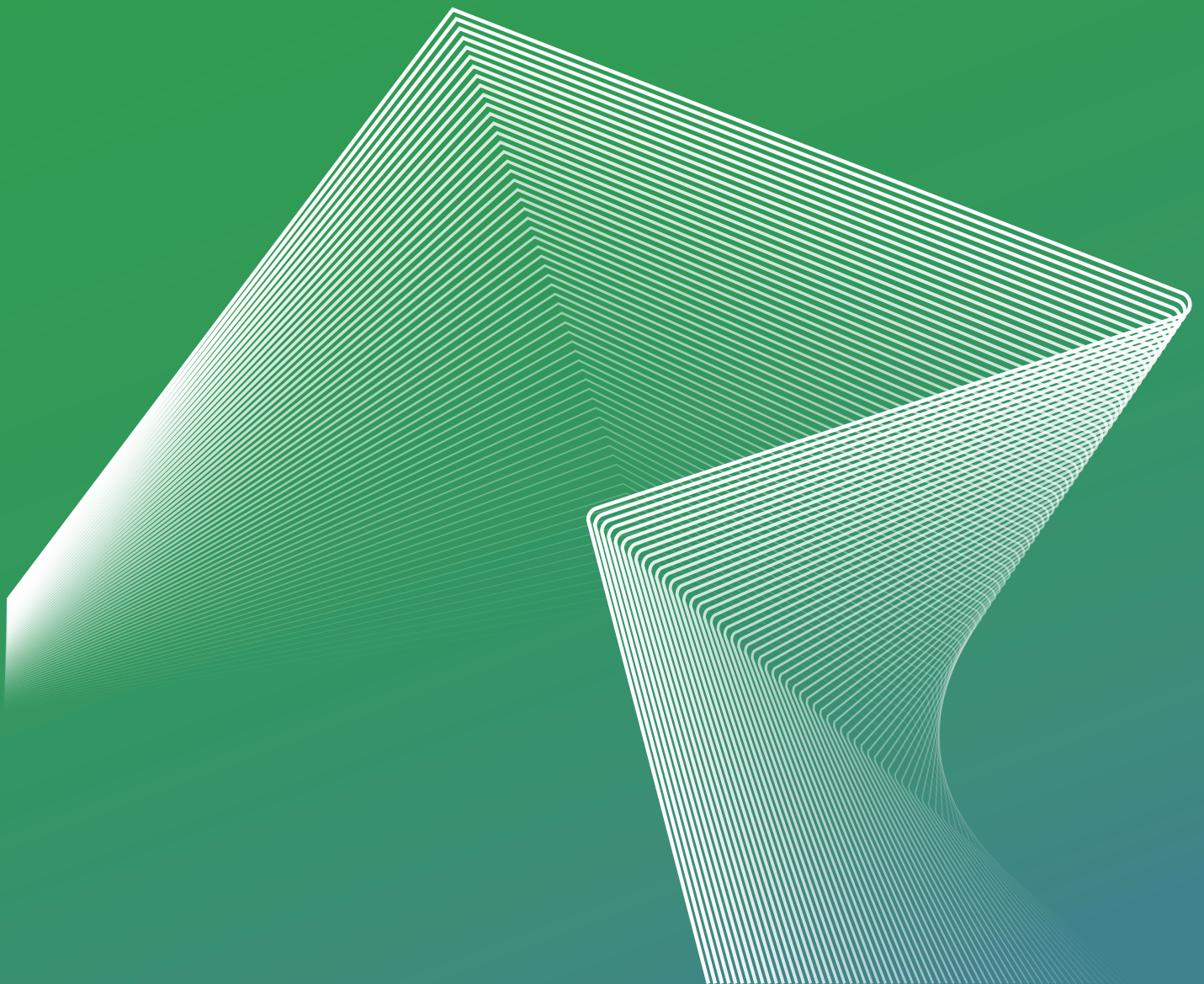# PSYCHOLOGYTOOLS

Values

American English

Values

Description

Work with values is being used increasingly across multiple domains of psychology. Identification of values (and acting in ways consistent with our values) are core aspects of Acceptance and Commitment Therapy (ACT) which argues that true fulfilment comes from a life lived in accordance with one's values. Similarly, newer variants of behavioral activation recommend that identification of values is helpful prior to activity scheduling (meaningful activity is values-driven: Lejuez et al, 2011). This worksheet encourages clients to explore their personal values across the domains family, relationships, parenting, friendships, employment, education, recreation, spirituality, community, and physical well-being.

Instructions

Values is a collection of information handouts and worksheets. Some give information about the concept of values, and examples of particular values. Other worksheets invite clients to consider what is important to them across a number of values domains, and to rate the relative importance of these value domains.

References

Lejuez, C. W., Hopko, D. R., Acierno, R., Daughters, S. B., & Pagoto, S. L. (2011). Ten year revision of the brief behavioral activation treatment for depression: revised treatment manual. *Behavior Modification*, 35(2), 111-161.

Plumb, J. C., Stewart, I., Dahl, J., & Lundgren, T. (2009). In search of meaning: Values in modern clinical behavior analysis. *The Behavior Analyst*, 32(1), 85-103.

Wilson, K. G., & Murrell, A. R. (2004). Values work in acceptance and commitment therapy. *Mindfulness and acceptance: Expanding the cognitive–behavioral tradition*. New York: Guilford, 120-151.

Wilson, K. G., Sandoz, E. K., Kitchens, J., & Roberts, M. (2010). The Valued Living Questionnaire: Defining and measuring valued action within a behavioral framework. *The Psychological Record*, 60(2), 249.

Values

Our values reflect what we find meaningful in life. They are what you care about, deep down, and what you consider to be important. Everybody's values are different, and they can change over time. They reflect how we want to engage with the world, with the people around us, and with ourselves.

Values are different from goals. Put crudely, goals can be *achieved* whereas values are more like directions that we want to head in. For example we might have the value of *being a good parent* which may require a lifetimes' effort, and the specific achievable goal of *getting our children to school on time*. Or we might have the goal of *going for a jog* while placing value upon our *physical health*.

The domains below are valued by some people. There might be values you think are important, and others that don't matter so much to you. There are no 'right' answers. Read the descriptions and think about what makes for a meaningful life that *you* could value.

	Family	*What kind of relationships do you want to have with your family? What sort of brother / sister / mother / father / aunt / uncle / niece / nephew do you want to be? How do you want to be in those relationships?*
	Marriage / Couple / Intimacy	*What kind of husband / wife / partner do you want to be? What kind of relationship do you want to be a part of? What sort of partnership do you want to build? What kind of person do you want to be in a relationship?*
	Parenting	*What sort of parent do you want to be? What qualities do you want your children to see in you? What kind of relationships do you want to build with them?*
	Friendships / Social life	*What sort of friend do you want to be? What friendships is it important to cultivate? How would you like to act towards your friends? What kind of social life matters to you?*
	Career / Employment	*What kind of work is valuable to you? What qualities do you want to bring as an employee? What kind of work relationships would you like to build? What kind of work matters to you?*
	Education / Personal growth & development	*How would you like to grow as a person? What kind of skills would you like to develop? What matters to you about education and learning? What would you like to know more about?*
	Recreation / Fun / Leisure	*How would you like to enjoy yourself? What relaxes you? When are you most playful?*
	Spirituality	*What kind of relationship do you want with God / nature / the Earth?*
	Citizenship / Environment / Community	*What kind of environment do you want to be a part of? How do you want to contribute to your community? What kind of citizen would you like to be?*
	Health / Physical wellbeing	*What kind of values do you have regarding your physical wellbeing? How important to you is your health? How do you want to look after yourself?*

Values

1. For each of the domains write a brief description of your values (e.g. *to be a caring partner* [marriage], *to never stop learning* [personal development], *to deepen my relationship with nature* [spirituality]).
2. Then rate each domain according to how important it is to you (0 = not important, 10 = very important).
3. Finally, give each domain a rating according to how successfully you have lived your life in accordance with this value in the past month (0 = not at all well, 10 = very well).

	Description of your values	Importance	Success
Family			
Marriage / Couple / Intimacy			
Parenting			
Friendships / Social life			
Career / Employment			
Education / Personal growth & development			
Recreation / Fun / Leisure			
Spirituality			
Citizenship / Environment / Community			
Health / Physical wellbeing			

Values

Values are what we find meaningful in life. They are what you care about and consider to be important. Values are different for everybody, and they can change over time.

Values are different from goals. Put crudely, goals can be 'achieved' whereas values are more like compass directions that we want to head in. For example we might have the goal of getting our children to school on time, which sits within the value of 'being a good parent', or the goal of going for a jog while placing value upon exercise and physical health.

The domains below are valued by some people. Leaving aside any obstacles for the moment, think about what is important to you, and what you think makes for a meaningful life that you could value.

Family relations
What kind of relationships do you want with your family?
What kind of mother/father/brother/sister/uncle/aunt do you want to be?

Physical wellbeing
What kind of values do you have regarding your physical wellbeing? How do you want to look after yourself?

Marriage / couple / intimate relations
What kind of husband/wife/partner do you want to be?
What quality of relationship do you want to be a part of?

Citizenship / community
What kind of environment do you want to be a part of? How do you want to contribute to your community?

Parenting
What sort of parent do you want to be?
What qualities do you want your children to see in you?

Spirituality
What kind of relationship do you want with God / nature / the Earth?

Friendships / social relationships
What sort of friend do you want to be?
What friendships is it important to cultivate?
How would you like to act towards your friends?

Recreation
How would you like to enjoy yourself?
What relaxes you? When are you most playful?

Employment
What kind of work is valuable to you?
What qualities do you want to bring as an employee?
What kind of work relationships would you like to build?

Education / training / personal growth
How would you like to grow?
What kind of skills would you like to develop?
What would you like to know more about?

Values

For each of these domains write a quick summary of your values, for example *"to live a healthy life and take care of my body"* (physical wellbeing), or *"to be a good friend to people who need me, and to enjoy my time with the people I love"* (friendships). Rate each domain for how important it is to you from 0-10 (0=not important)

Physical wellbeing

Family relations

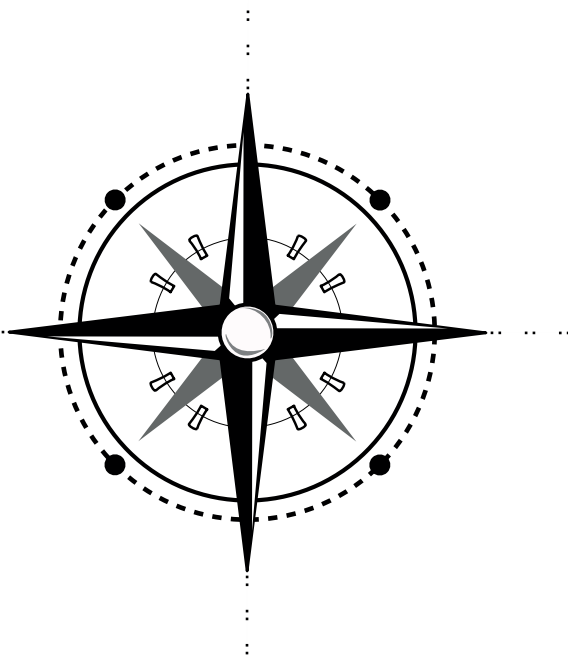**Marriage / couple / intimate relations**

Citizenship / community

Parenting

Spirituality

Friendships / social relationships

Recreation

Education / training / personal growth

Employment

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