

Have you taken time to think about what you value?
Rate each according to their importance (1 not at all important, 3 important or 5 extremely important). **Don't take time to contemplate, just rate quickly.**

Control	Compassion	Curiosity
Security	Friendship	Creativity
Peace	Growth	Trust
Health	Passion	Privacy
Discipline	Uniqueness	Accountability
Ambition	Love	Challenge
Contribution	Family	Adventure
Equality	Honesty	Job Security
Justice	Loyalty	Wealth
Meaningful Work	Beauty	Financial Stability
Teamwork	Appreciation	Pleasure
Tolerance	Acceptance	Tradition
Commitment	Influence	
Ethics	popularity	
Helpfulness	Reputation	
Freedom	Respect	
Excellence	Authority	
Determination	Fame	
Success	Authenticity	
Independence	Variety	
Religion	Excitement	
Forgiveness	Courage	

Now go back and reflect on these questions:

1. Everyone has a personal set of values, built from their unique life experiences. One important factor in what we value is the values of our friends, families, and society. How do your values *differ* from your friends and family? How do they *differ* from the society you live in?
2. Think of a person who you respect or look up to. What do you think their most important values might be?
3. We can learn a lot about our own values by the way we react to other people. Think of behaviors that you disapprove of, or dislike, of others.
4. How our values are shown differ from setting to setting. For example, your family might see a different side of you than friends, co-workers, or an authority figure. Think of three people from different parts of your life. How do you think each of them would describe your values?
5. Are you attracted to things that represent your values? We are either attracted (triggers are anything we think, say or do) to the things we embody or those things that remind us of the past to resolve it.
6. Remember our subconscious (automatic thoughts) values differ from our conscious values. Our subconscious values are attempting to meet our perception of needs of safety, security, love and/or belongingness. What values do you hold that do not align with your actions?
7. One of the most important things we can do is understand our values and live accordingly. What life changes would you need to make to accomplish this?

FOR THE THERAPIST: Look back on the ratings. Now that you've gone through these questions is there anything you're noticing regarding your initial response?