

**Taken from Jason Luoma, Phd**

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## **VALUES ASSESSMENT HOMEWORK**

The following are areas of life that are valued by some people. Not everyone has the same values, and this work sheet is not a test to see whether you have the “correct” values. Please describe your values as if no one will ever read this work sheet. As you work, think about each area in terms of the concrete goals you may have and in terms of more general life directions. For instance, you may value getting married as a concrete goal and being a loving spouse as a valued direction. The first example, getting married, is something that could be completed. The second example, being a loving spouse, does not have an end. You could always be more loving, no matter how loving you already were. Work through each of the life domains. Some of the domains overlap. You may have trouble keeping family separate from marriage/intimate relations. Do your best to keep them separate. Your therapist will provide assistance when you discuss this goals and values assessment. Clearly number each of the sections and keep them separate from one another. You may not have any valued goals in certain areas; you may skip those areas and discuss them directly with your therapist. It is also important that you write down what you would value if there were nothing in your way. We are not asking what you think you could realistically get, or what you or others think you deserve. We want to know what you care about, what you would want to work toward, in the best of all situations. While doing the work sheet, pretend that magic happened and that anything is possible.

1. *Marriage/couples/intimate relations.* In this section, write down a description of the person you would like to be in an intimate relationship. Write down the type of relationship you would want to have. Try to focus on your role in that relationship.
2. *Family relations.* In this section, describe the type of brother/sister, son/daughter, father/mother you want to be. Describe the qualities you would want to have in those relationships. Describe how you would treat the other people if you were the ideal you in these various relationships.
3. *Friendships/social relations.* In this section, write down what it means to you to be a good friend. If you were able to be the best friend possible, how would you behave toward your friends? Try to describe an ideal friendship.
4. *Career/employment.* In this section, describe what type of work you would like to do. This can be very specific or very general. (Remember, this is in an ideal world.) After writing about the type of work you would like to do, write about why it appeals to you. Next, discuss what kind of worker you would like to be with respect to your employer and co-workers. What would you want your work relations to be like?
5. *Education/personal growth and development.* If you would like to pursue an education, formally or informally, or to pursue some specialized training, write about that. Write about why this sort of training or education appeals to you.
6. *Recreation/leisure.* Discuss the type of recreational life you would like to have, including hobbies, sports, and leisure activities.
7. *Spirituality.* We are not necessarily referring to organized religion in this section. What we mean by spirituality is whatever that means to you. This may be as simple

as communing with nature, or as formal as participation in an organized religious group. Whatever spirituality means to you is fine. If this is an important area of life, write about what you would want it to be. As with all of the other areas, if this is not an important part of your values, skip to the next section.

8. *Citizenship*. For some people, participating in community affairs is an important part of life. For instance, some people think that it is important to volunteer with homeless or elderly people, lobby governmental policymakers at the federal, state, or local level, participate as a member of a group committed to conserving wildlife, or participate in the service structure of a self-help group, such as Alcoholics Anonymous. If community-oriented activities of this type are important to you, write about the direction you would like to take in these areas. Write about what appeals to you in this area.
9. *Health/physical well-being*. In this section, include your values related to maintaining your physical well-being. Write about health-related issues such as sleep, diet, exercise, smoking, and so forth.