

## Values Checklist:

Below is a list of general value categories, and some specific priorities that are common in each. Consider which areas are *important* to you, not just which you think are possible for you (what may seem possible can be influenced by anxiety, depression, and PTSD). Check the overall values headings and any of the individual priorities that may apply.

### Family relations

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

### 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
- ☐ Other:

### 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
- ☐ Other:

### 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
- ☐ Other:

### 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
- ☐ Other:

### 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
- ☐ Other:

### 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
- ☐ Other:

### 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
- ☐ Other:

### 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
- ☐ Other: