
CLIENT HOMEWORK ASSIGNMENT 1: CLARIFYING VALUES

Instructions: The sheet you have just been given is a clarifying values worksheet. It lists different areas of life that are valued by most people. You may find that you have values in each of these areas, or you may find that you have values in only some of them. Focus on any area that is of importance to you. This worksheet is not a test to see if you have the “correct” values. Instead, work on describing the qualities that you would like to see be present for you in each area. Describe how you would like to treat people, including yourself, if you had the ideal situation. Feel free to elaborate and use additional sheets of paper.

To complete the values sheet:

1. Describe your values as if no one would ever read this worksheet. Be bold.
2. Rate the importance of this value using the following scale: 0 = not at all important; 1 = moderately important; 2 = very important.
3. Describe several specific goals that could help you in terms of living each value. Choose goals that can be instituted regularly or immediately.
4. Write down a thought or emotion that might prevent you from doing a specific goal.
5. Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't.

Work through each of the life domains. Several of these domains will overlap. Do your best to keep them separate. Remember, a value is something that you can always be working on—it is your compass direction, not your outcome. We are not asking what you think you could realistically achieve 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 worksheet, pretend that magic happened and that anything is possible. Discuss this goals and values assessment in your next therapy session.

Clarifying Values Worksheet

Example:

1. **Value:** *I want to be a loving and gentle partner.*

Importance: 2

Goals: *1. Tell my partner that I love him; 2. Do kind things for my partner, like buy him small gifts that are a surprise now and then; 3. Honor his opinion; 4. Listen to him when he has a complaint and talk openly about it.*

Thoughts and emotions that might prevent you from living your values: *Anxiety, anger, thoughts that my partner should tell me he loves me before I tell him that I love him.*

Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't: *To live this value would mean getting more connected to my partner. However, that feels risky as I would need to be intimate. To not live with this value means I would continue to feel distant from my partner.*

Domains and Values

1. **Marriage/intimate relations values:**

Importance:

Goals:

Thoughts and emotions that might prevent you from living your values:

Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't:

2. **Family relations values:**

Importance:

Goals:

Thoughts and emotions that might prevent you from living your values:

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Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't:

3. Friendships/social relations values:

Importance:

Goals:

Thoughts and emotions that might prevent you from living your values:

Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't:

4. Employment/education/training values:

Importance:

Goals:

Thoughts and emotions that might prevent you from living your values:

Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't:

5. Recreation/citizenship values:

Importance:

Goals:

Thoughts and emotions that might prevent you from living your values:

Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't:

6. Spirituality values:

Importance:

Goals:

Thoughts and emotions that might prevent you from living your values:

Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't:

7. Physical well-being values:

Importance:

Goals:

Thoughts and emotions that might prevent you from living your values:

Write a short paragraph about what it would mean to you to live the value and what it would mean if you didn't: