



THE COUNSELING AND WELLNESS C E N T E R

We are often driven by Values and some of our distress is created when we are not living congruently with our desired values. Values can change so answer the following questions based on how you have been feeling most recently. There are three steps to this exercise.

Instructions:

First: Rate the importance of the provided Values categories where the scale is 0-7. A score of 0 would indicate that the value is not important whereas a score of 7 would indicate it is extremely important.

Second: Rate the satisfaction of the provided values category where the scale is 0-7. A score of 0 would indicate that you are dissatisfied with the value whereas a score of 7 would indicate that you are extremely satisfied.

Lastly: Write a behavioral intention for each of the values that is reasonable in the near future. You can also set a long term goals (e.g., parenting value). This space is for you to be creative.

Value 1: Work/Career

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living: _____

Value 2: Intimate relationships/Romance

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living: _____

Value 3: Education/Learning/Knowledge

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living:_____

Value 4: Friends/Social life

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living:_____

Value 5: Health

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living:_____

Value 6: Family of origin

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living:_____

Value 7: Spirituality

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living:_____

Value 8: Community/Environment

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living:_____

Value 9: Recreation/Leisure

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living:_____

Value 10: Parenting

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7

Intention and congruent value living:_____

Value Other:_____

Importance	0	1	2	3	4	5	6	7
Satisfaction	0	1	2	3	4	5	6	7