



# THE COUNSELING AND WELLNESS CENTER

## Value Living Questionnaire (Wilson, 2002)

Each pro does not have to match the con. First, think about all the positives of the topic you are thinking about and write them. Then, think about the negatives of the topic you are thinking about. Write as many, or as few, items as you can think of. There is no right or wrong way.

Life Component	Not Important			Moderately Important				Extremely Important			
Family (other than romantic relationships or parenting)	0	1	2	3	4	5	6	7	8	9	10
Romantic relationships	0	1	2	3	4	5	6	7	8	9	10
Parenting	0	1	2	3	4	5	6	7	8	9	10
Friends and social life	0	1	2	3	4	5	6	7	8	9	10
Work	0	1	2	3	4	5	6	7	8	9	10
Education and training	0	1	2	3	4	5	6	7	8	9	10
Recreation and fun	0	1	2	3	4	5	6	7	8	9	10
Spirituality and religion	0	1	2	3	4	5	6	7	8	9	10
Citizenship and community life	0	1	2	3	4	5	6	7	8	9	10
Self-care (exercise, diet, relaxation, etc.)	0	1	2	3	4	5	6	7	8	9	10