

EXERCISE 4.1: UNDERSTANDING YOUR VALUES

Area

Valued direction

1 Intimacy (What is important to you in how you act in an intimate relationship? What sort of partner do you want to be? If you are not involved in a relationship at present, how would you like to act in a relationship?)

2 Family relationships (What is important to you in how you want to act as a brother/sister; son/daughter; father/mother or parent-in-law? If you are not in contact with some of

your family members, would you like to be and how would you act in such a relationship?)

3 Social relationships (What is important to you in the way you act in the friendships you have? How would you like your friends to remember you? If you have no friends, would you like to have some and what role would you like in a friendship?)

4 Work (What is important to you in your work? What sort of employee do you want to be? How important to you is what you achieve in your career? What sort of business do you want to run?)

5 Education and training (What is important to you in your education or training? What sort of student do you want to be? If you are not in education, would you like to be?)

6 Recreation (What is important to you in what you do to follow any interests, sports or hobbies? If you are not following any interests, what would you ideally like to be pursuing?)

7 Spirituality (If you are spiritual, what is important to you in the way you want to follow a spiritual path? If you are not, would you like to be and what do you ideally want?)

8 Voluntary work (What would you like to do for the larger community? For example, voluntary or charity work or political activity?)

9 Health/physical well-being (What is important to you in how you act for your physical health?)

10 Mental health (What is important to you generally in how you look after your mental health?)

11 Any other values that are not listed above