

OC DEPERSONALISATION AND FEELINGS OF UNREALITY

To help identify what your values are, look at the following areas and rate the importance of each of them to you from 0 = not important at all, to 10 = extremely important to me. Then think about how things have been for you recently and rate how much you have been able to meet your values using the same scale from 0–10.

Valued area of life	Importance to me 0–10	How much I have met this value recently? 0–10
Friends		
Family		
Intimate relationships		
Work		
Education and learning		
Parenting, grandparenting		
Leisure and fun		
Community and society		
Spirituality		
Physical health and well-being		
Mental well-being		
Creativity		