

Personal Values Exercise

1. Select 5-10 key core personal values that are most important to you.
2. Arrange your core values in order from the most to the least important.
3. Review your pre-MOB drinking and consequences of your drinking. Were you able to fully express or live by your core values when you were drinking like this?
4. Review what you were like and what your life has been like during the MOB. How have your core values been expressed during the MOB?

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| <ul style="list-style-type: none"><input type="checkbox"/> ACCEPTANCE to be accepted as I am<input type="checkbox"/> ACCURACY to be accurate in my opinions and beliefs<input type="checkbox"/> ACHIEVEMENT to have important accomplishments<input type="checkbox"/> ADVENTURE to have new and exciting experiences<input type="checkbox"/> ATTRACTIVENESS to be physically attractive<input type="checkbox"/> AUTHORITY to be in charge of and responsible for others<input type="checkbox"/> AUTONOMY to be self-determined and independent<input type="checkbox"/> BEAUTY to appreciate beauty around me<input type="checkbox"/> CARING to take care of others<input type="checkbox"/> CHALLENGE to take on difficult tasks and problems<input type="checkbox"/> CHANGE to have a life full of change and variety<input type="checkbox"/> COMFORT to have a pleasant and comfortable life<input type="checkbox"/> COMMITMENT to make enduring, meaningful commitments<input type="checkbox"/> COMPASSION to feel and act on concern for others<input type="checkbox"/> CONTRIBUTION to make a lasting contribution in the world<input type="checkbox"/> COOPERATION to work collaboratively with others<input type="checkbox"/> COURTESY to be considerate and polite toward others<input type="checkbox"/> CREATIVITY to have new and original ideas<input type="checkbox"/> DEPENDABILITY to be reliable and trustworthy<input type="checkbox"/> DUTY to carry out my duties and obligations<input type="checkbox"/> ECOLOGY to live in harmony with the environment<input type="checkbox"/> EXCITEMENT to have a life full of thrills and stimulation<input type="checkbox"/> FAITHFULNESS to be loyal and true in relationships<input type="checkbox"/> FAME to be known and recognised | <ul style="list-style-type: none"><input type="checkbox"/> INTIMACY to share my innermost experiences with others<input type="checkbox"/> JUSTICE to promote fair and equal treatment for all<input type="checkbox"/> KNOWLEDGE to learn and contribute valuable knowledge<input type="checkbox"/> LEISURE to take time to relax and enjoy<input type="checkbox"/> LOVED to be loved by those close to me<input type="checkbox"/> LOVING to give love to others<input type="checkbox"/> MASTERY to be competent in my everyday activities<input type="checkbox"/> MINDFULNESS to live conscious and mindful of the present moment<input type="checkbox"/> MODERATION to avoid excesses and find a middle ground<input type="checkbox"/> MONOGAMY to have one close, loving relationship<input type="checkbox"/> NON-CONFORMITY to question and challenge authority and norms<input type="checkbox"/> NURTURANCE to take care of and nurture others<input type="checkbox"/> OPENNESS to be open to new experiences, ideas, and options<input type="checkbox"/> ORDER to have a life that is well-ordered and organised<input type="checkbox"/> PASSION to have deep feelings about ideas, activities, or people<input type="checkbox"/> PLEASURE to feel good<input type="checkbox"/> POPULARITY to be well-liked by many people<input type="checkbox"/> POWER to have control over others<input type="checkbox"/> PURPOSE to have meaning and direction in my life<input type="checkbox"/> RATIONALITY to be guided by reason and logic<input type="checkbox"/> REALISM to see and act realistically and practically<input type="checkbox"/> RESPONSIBILITY to make and carry out responsible decisions<input type="checkbox"/> RISK to take risks and chances<input type="checkbox"/> ROMANCE to have intense, exciting love in my life |
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| <ul style="list-style-type: none"> <input type="checkbox"/> FAMILY to have a happy, loving family <input type="checkbox"/> FITNESS to be physically fit and strong <input type="checkbox"/> FLEXIBILITY to adjust to new circumstances easily <input type="checkbox"/> FORGIVENESS to be forgiving of others <input type="checkbox"/> FRIENDSHIP to have close, supportive friends <input type="checkbox"/> FUN to play and have fun <input type="checkbox"/> GENEROSITY to give what I have to others <input type="checkbox"/> GENUINENESS to act in a manner that is true to who I am <input type="checkbox"/> GOD'S WILL to seek and obey the will of God <input type="checkbox"/> GROWTH to keep changing and growing <input type="checkbox"/> HEALTH to be physically well and healthy <input type="checkbox"/> HELPFULNESS to be helpful to others <input type="checkbox"/> HONESTY to be honest and truthful <input type="checkbox"/> HOPE to maintain a positive and optimistic outlook <input type="checkbox"/> HUMILITY to be modest and unassuming <input type="checkbox"/> HUMOR to see the humorous side of myself and the world <input type="checkbox"/> INDEPENDENCE to be free from dependence on others <input type="checkbox"/> INDUSTRY to work hard and well at my life tasks <input type="checkbox"/> INNER PEACE to experience personal peace | <ul style="list-style-type: none"> <input type="checkbox"/> SAFETY to be safe and secure <input type="checkbox"/> SELF-ACCEPTANCE to accept myself as I am <input type="checkbox"/> SELF-CONTROL to be disciplined in my own actions <input type="checkbox"/> SELF-ESTEEM to feel good about myself <input type="checkbox"/> SELF-KNOWLEDGE to have a deep and honest understanding of myself <input type="checkbox"/> SERVICE to be of service to others <input type="checkbox"/> SEXUALITY to have an active and satisfying sex life <input type="checkbox"/> SIMPLICITY to live life simply, with minimal needs <input type="checkbox"/> SOLITUDE to have time and space where I can be apart from others <input type="checkbox"/> SPIRITUALITY to grow and mature spiritually <input type="checkbox"/> STABILITY to have a life that stays fairly consistent <input type="checkbox"/> TOLERANCE to accept and respect those who differ from me <input type="checkbox"/> TRADITION to follow respected patterns of the past <input type="checkbox"/> VIRTUE to live a morally pure and excellent life <input type="checkbox"/> WEALTH to have plenty of money <input type="checkbox"/> WORLD PEACE to work to promote peace in the world <input type="checkbox"/> BLANK: <input type="checkbox"/> BLANK: <input type="checkbox"/> BLANK: |
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