



# Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

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## Clarifying Values and Making Life Changes

### What are values?

Values are your heart's deepest desires for how you want to behave, what you want to stand for, and how you want to treat yourself, others, and the world. They're like a compass—they give you direction even when the path is difficult.

### Values are NOT:

- Goals (goals can be completed; values are ongoing)
- Feelings (feelings change; values are chosen directions)
- "Shoulds" from others (values come from your heart, not external pressure)

### Part 1: A Quick Look at Your Values

Values are your heart's deepest desires for how you want to behave as a human being. They describe how you want to treat yourself, others, and the world around you. There are literally hundreds of different values, but below you'll find a list of the most common ones.

#### Instructions:

1. Read through the list and rate each value as **V** (Very important), **Q** (Quite important), or **N** (Not so important).
2. Go through all the **Vs**, and select out the top six that are most important to you.
3. Write those six values at the bottom of the page.

### 1. Acceptance

to be open to and accepting of myself, others, life etc.

Rating: \_\_\_\_\_

### 2. Adventure

to be adventurous; to actively seek, create, or explore novel or stimulating experiences

Rating: \_\_\_\_\_

### 3. Assertiveness

to respectfully stand up for my rights and request what I want

Rating: \_\_\_\_\_

### 4. Authenticity

to be authentic, genuine, real; to be true to myself

Rating: \_\_\_\_\_

### 5. Beauty

to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc.

Rating: \_\_\_\_\_

### 6. Caring

to be caring towards myself, others, the environment etc.

Rating: \_\_\_\_\_

### 7. Challenge

to keep challenging myself to grow, learn, improve

Rating: \_\_\_\_\_

### 8. Compassion

to act with kindness towards those who are suffering

Rating: \_\_\_\_\_

### 9. Connection

to engage fully in whatever I am doing, and be fully present with others

Rating: \_\_\_\_\_

### 10. Contribution

to contribute, help, assist, or make a positive difference to myself or others

Rating: \_\_\_\_\_

### 11. Conformity

to be respectful of and obedient to rules and obligations

Rating: \_\_\_\_\_

### 12. Cooperation

to be cooperative and collaborative with others

Rating: \_\_\_\_\_

### 13. Courage

to be courageous or brave; to persist in the face of fear, threat, or difficulty

Rating: \_\_\_\_\_

### 14. Creativity

to be creative or innovative

Rating: \_\_\_\_\_

### 15. Curiosity

to be curious, open-minded and interested; to explore and discover

Rating: \_\_\_\_\_

### 16. Encouragement

to encourage and reward behavior that I value in myself or others

Rating: \_\_\_\_\_

**17. Equality**

to treat others as equal to myself, and vice-versa

Rating: \_\_\_\_\_

**18. Excitement**

to seek, create and engage in activities that are exciting, stimulating or thrilling

Rating: \_\_\_\_\_

**19. Fairness**

to be fair to myself or others

Rating: \_\_\_\_\_

**20. Fitness**

to maintain or improve my fitness; to look after my physical and mental health and wellbeing

Rating: \_\_\_\_\_

**21. Flexibility**

to adjust and adapt readily to changing circumstances

Rating: \_\_\_\_\_

**22. Freedom**

to live freely; to choose how I live and behave, or help others do likewise

Rating: \_\_\_\_\_

**23. Friendliness**

to be friendly, companionable, or agreeable towards others

Rating: \_\_\_\_\_

**24. Forgiveness**

to be forgiving towards myself or others

Rating: \_\_\_\_\_

**25. Fun**

to be fun-loving; to seek, create, and engage in fun-filled activities

Rating: \_\_\_\_\_

**26. Generosity**

to be generous, sharing and giving, to myself or others

Rating: \_\_\_\_\_

**27. Gratitude**

to be grateful for and appreciative of the positive aspects of myself, others and life

Rating: \_\_\_\_\_

**28. Honesty**

to be honest, truthful, and sincere with myself and others

Rating: \_\_\_\_\_

**29. Humor**

to see and appreciate the humorous side of life

Rating: \_\_\_\_\_

**30. Humility**

to be humble or modest; to let my achievements speak for themselves

Rating: \_\_\_\_\_

**31. Industry**

to be industrious, hard-working, dedicated

Rating: \_\_\_\_\_

**32. Independence**

to be self-supportive, and choose my own way of doing things

Rating: \_\_\_\_\_

**33. Intimacy**

to open up, reveal, and share myself -- emotionally or physically  
– in my close personal relationships

Rating: \_\_\_\_

**34. Justice**

to uphold justice and fairness

Rating: \_\_\_\_

**35. Kindness**

to be kind, compassionate, considerate, nurturing or caring  
towards myself or others

Rating: \_\_\_\_

**36. Love**

to act lovingly or affectionately towards myself or others

Rating: \_\_\_\_

**37. Mindfulness**

to be conscious of, open to, and curious about my here-and-now  
experience

Rating: \_\_\_\_

**38. Order**

to be orderly and organized

Rating: \_\_\_\_

**39. Open-mindedness**

to think things through, see things from other's points of view,  
and weigh evidence fairly

Rating: \_\_\_\_

**40. Patience**

to wait calmly for what I want

Rating: \_\_\_\_

**41. Persistence**

to continue resolutely, despite problems or difficulties

Rating: \_\_\_\_

**42. Pleasure**

to create and give pleasure to myself or others

Rating: \_\_\_\_

**43. Power**

to strongly influence or wield authority over others, e.g. taking  
charge, leading, organizing

Rating: \_\_\_\_

**44. Reciprocity**

to build relationships in which there is a fair balance of giving  
and taking

Rating: \_\_\_\_

**45. Respect**

to be respectful towards myself or others; to be polite,  
considerate and show positive regard

Rating: \_\_\_\_

**46. Responsibility**

to be responsible and accountable for my actions

Rating: \_\_\_\_

**47. Romance**

to be romantic; to display and express love or strong affection

Rating: \_\_\_\_

**48. Safety**

to secure, protect, or ensure safety of myself or others

Rating: \_\_\_\_

**49. Self-awareness**

to be aware of my own thoughts, feelings and actions

Rating: \_\_\_\_\_

**50. Self-care**

to look after my health and wellbeing, and get my needs met

Rating: \_\_\_\_\_

**51. Self-development**

to keep growing, advancing or improving in knowledge, skills, character, or life experience

Rating: \_\_\_\_\_

**52. Self-control**

to act in accordance with my own ideals

Rating: \_\_\_\_\_

**53. Sensuality**

to create, explore and enjoy experiences that stimulate the five senses

Rating: \_\_\_\_\_

**54. Sexuality**

to explore or express my sexuality

Rating: \_\_\_\_\_

**55. Spirituality**

to connect with things bigger than myself

Rating: \_\_\_\_\_

**56. Skilfulness**

to continually practice and improve my skills, and apply myself fully when using them

Rating: \_\_\_\_\_

**57. Supportiveness**

to be supportive, helpful, encouraging, and available to myself or others

Rating: \_\_\_\_\_

**58. Trust**

to be trustworthy; to be loyal, faithful, sincere, and reliable

Rating: \_\_\_\_\_

**59. Other:**

Rating: \_\_\_\_\_

**60. Other:**

Rating: \_\_\_\_\_

## My Top 6 Values

These are the values I want to stand for as a human being:

1.

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2.

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3.

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4.

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5.

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6.

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## Part 2: Unlimited Confidence

Please take as long as you need to read through and carefully consider the important questions that follow. Then complete the written section below.

**In a world where you had unlimited confidence:**

- How would you behave differently?
- How would you walk and talk differently?
- How would you play, work and perform differently?
- How would you treat others differently: your friends, relatives, partner, parents, children and work colleagues?
- How would you treat yourself differently?
- How would you treat your body?
- How would you talk to yourself?
- How would your character change?
- What sort of things would you start doing?
- What would you stop doing?
- What goals would you set and work towards?
- What difference would your new-found confidence make in your closest relationships, and how would you behave differently around those people?
- What difference would your new-found confidence help you to make in the world?

## Part 3: The Life Change List

Now please write your answers below. If there's lots of overlap between your answers – good! That's to be expected; it points you to core values.

**As I develop genuine confidence...**

Here are some ways I will act differently:

Here are some ways I will treat others differently:

Here are some ways I will treat myself differently:

Here are some personal qualities and character strengths I will develop and demonstrate to others:

Here are some ways I will behave differently in close relationships with friends and family:

Here are some ways I will behave differently in relationships involving work, education, sport or leisure:

Here are some important things I will 'stand for':

Here are some activities I will start or do more of:

Here are some goals I will work towards:

Here are some actions I will take to improve my life:

