



Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

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Values Clarification Worksheet

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)

"Values are chosen life directions. They describe how you want to behave on an ongoing basis—the kind of person you want to be, the qualities you want to develop, and how you want to interact with the world around you."

— Russ Harris, *The Happiness Trap*

 **Tip:** There are no "right" or "wrong" values. Your values are uniquely yours. Be honest with yourself about what truly matters to YOU, not what you think should matter or what others want for you.

1. Relationships & Connection

What kind of partner/friend/family member do you want to be?

What qualities do you want to bring to your relationships? (Examples: kindness, honesty, playfulness, support, presence)

If you could be remembered for how you treated the people you love, what would you want them to say?

2. Work & Career

What kind of employee/colleague/professional do you want to be?

What matters to you about your work? (Examples: helping others, creativity, growth, contribution, excellence, collaboration)

If your work could make a difference in some way, what would that look like?

3. Personal Growth & Learning

What qualities or skills do you want to develop in yourself?

What does personal growth mean to you?

If you could learn or develop anything, what would bring you a sense of meaning?

4. Health & Self-Care

How do you want to treat your body and mind?

What does taking care of yourself look like when you're living according to your values?

What role does self-compassion play in how you want to live?

5. Leisure & Recreation

What brings you joy, meaning, or a sense of vitality?

How do you want to spend your free time in a way that feels meaningful?

6. Community & Contribution

How do you want to contribute to your community or the world?

What kind of difference do you want to make, even in small ways?

Reflecting on Your Values

Looking at what you've written, what are your top 3-5 core values?

How has [depression/anxiety/ADHD/etc.] interfered with living according to these values?

What's one small action you could take this week that aligns with one of your values, even if it's uncomfortable?

 **Remember:** You don't have to feel motivated, confident, or comfortable to take values-based action. You can feel anxious, depressed, or uncertain AND still do what matters to you. That's psychological flexibility.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

— Viktor Frankl

Using Your Values

Bring this worksheet to your next therapy session. We'll use your identified values to:

- Set treatment goals that truly matter to you
- Make decisions about what actions to take
- Practice willingness to experience discomfort in service of what you care about
- Build a life worth living, one choice at a time

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