

Understanding Values

Our values strongly influence our thoughts, feelings and behaviors. For example, if a person highly values the principle of authenticity, he may avoid people who behave in ways that seem fake or hypocritical. When we understand our values, we are better able to pay attention to the ways these values shape our relationships and functioning. Use the list below to help you think about your values. Circle your **five most important values** on this list.

Tolerance	Intimacy	Authenticity	Trustworthiness
Compassion	Hopefulness	Integrity	Truthfulness
Justice	Loyalty	Wisdom	Beauty
Respect	Responsibility	Humility	Perseverance
Hard Work	Creativity	Assertiveness	Courage
Optimism	Collaboration	Honor	Independence

Notice the words you circled and answer the following questions:

1. What stands out to you about the words you circled? Do you notice any themes or patterns?

2. Write each value, and then write why this value is important to you.

a. _____

b. _____

c. _____

d. _____

e. _____

3. How do you notice these values shaping your thoughts, feelings and behavior (both positively and negatively)?

a. _____

b. _____

c. _____

d. _____

e. _____

4. Think back to your childhood. Did any of your caregivers have these same values? How might others have influenced you toward these values?

5. Do you want to change any of these values so that they have more or less influence on your thoughts, feelings and behaviors? If so, which ones and why?

6. How do your values interact with your faith? Do these values challenge you toward faithfulness to God? Do they hinder your communion with Him in any way?
