

The Basics:

What are my Values?



Autonomy is one's intrinsic ability to make decisions for one's self without influence of external control. We have various influences in our lives that shape our value system and how we interact with the world. These influences include relationships, upbringing, religion, education, and much more. It is okay to allow these influences to shape our value system and way of thinking; however, it is not okay when these influences dictate these systems for you. By reflecting on what our values are and how they have come about, we can start to be more conscious of our own autonomy. This worksheet aims to help practice identifying and evaluating one's values.

Practice Questions:

What are my biggest values?

Pick one value. Where did this value come from (Ex: Do my parents uphold this value, does my religion uphold this value, do my friends uphold this value)?

Do I agree with this value?

Why is this value important to me?

Practice Questions Continued:

Did anyone else influence this value?

Are there positive outcomes if I adhere to this value (Ex: If I get straight A's, I can get into a better college. If I use this value at work, I may get a promotion). _

How strongly do these outcomes affect my adherence to the value?

Are there consequences if I don't adhere to this value (Ex: My family will be mad, I might be judged by my community, I risk eternal damnation, etc)?

How strongly do those consequences affect my adherence to the value?

How has this value affected me positively?

How has this value affected me negatively?

Is this value still important to me at this stage of life?

Do I still want this value in my life? If so, how will I use this value in my life? If not, is there another value you would like to practice instead?