



Values and Priorities List

In my own Wise Mind, I believe it is important to:

A. Attend to relationships.

1. Repair old relationships.
2. Reach out for new relationships.
3. Work on current relationships.
4. End destructive relationships.

Other: _____

B. Be part of a group.

5. Have close and satisfying relationships with others.
6. Feel a sense of belonging.
7. Receive affection and love.
8. Be involved and intimate with others; have and keep close friends.
9. Have a family; stay close to and spend time with family members.
10. Have people to do things with.

Other: _____

C. Be powerful and able to influence others.

11. Have the authority to approve or disapprove of what people do, or to control how resources are used.
12. Be a leader.
13. Make a great deal of money.
14. Be respected by others.
15. Be seen by others as successful; become well known; obtain recognition and status.
16. Compete successfully with others.
17. Be popular and accepted.

Other: _____

D. Achieve things in life.

18. Achieve significant goals; be involved in undertakings I believe are significant.
19. Be productive.
20. Work toward goals; work hard.
21. Be ambitious.

Other: _____

(continued on next page)

Adapted from Schwartz, S. H. (1992). Universals in the content and structure of values: Theory and empirical tests in 20 countries. In M. Zanna (Ed.), *Advances in experimental social psychology* (Vol. 25, pp. 1–65). New York: Academic Press. Copyright 1992 by Academic Press. Adapted by permission of Elsevier B.V.

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EMOTION REGULATION HANDOUT 18 (p. 2 of 3)

E. Live a life of pleasure and satisfaction.

- 22. Have a good time.
- 23. Seek fun and things that give pleasure.
- 24. Have free time.
- 25. Enjoy the work I do.

Other: _____

F. Keep life full of exciting events, relationships, and things.

- 26. Try new and different things in life.
- 27. Be daring and seek adventures.
- 28. Have an exciting life.

Other: _____

G. Behave respectfully.

- 29. Be humble and modest; do not draw attention to myself.
- 30. Follow traditions and customs; behave properly.
- 31. Do what I am told and follow rules.
- 32. Treat others well.

Other: _____

H. Be self-directed.

- 33. Follow my own path in life.
- 34. Be innovative, think of new ideas, and be creative.
- 35. Make my own decisions and be free.
- 36. Be independent; take care of myself and those I am responsible for.
- 37. Have freedom of thought and action; be able to act in terms of my own priorities.

Other: _____

I. Be a spiritual person.

- 38. Make room in life for spirituality; live life according to spiritual principles.
- 39. Practice a religion or faith.
- 40. Grow in understanding of myself, my personal calling, and life's real purpose.
- 41. Discern and do the will of God (or a higher power) and find lasting meaning in life.

Other: _____

J. Be secure.

- 42. Live in secure and safe surroundings.
- 43. Be physically healthy and fit.
- 44. Have a steady income that meets my own and my family's basic needs.

Other: _____

(continued on next page)

EMOTION REGULATION HANDOUT 18 (p. 3 of 3)

K. Recognize the universal good of all things.

- 45. Be fair, treat people equally, and provide equal opportunities.
- 46. Understand different people; be open-minded.
- 47. Care for nature and the environment.

Other: _____

L. Contribute to the larger community.

- 48. Help people and those in need; care for others' well-being; improve society.
- 49. Be loyal to friends and devoted to close people; be committed to a group that shares my beliefs, values, and ethical principles.
- 50. Be committed to a cause or to a group that has a larger purpose beyond my own.
- 51. Make sacrifices for others.

Other: _____

M. Work at self-development.

- 52. Develop a personal philosophy of life.
- 53. Learn and do challenging things that help me grow and mature as a human being.

Other: _____

N. Have integrity.

- 54. Be honest, and acknowledge and stand up for my personal beliefs.
- 55. Be a responsible person; keep my word to others.
- 56. Be courageous in facing and living life.
- 57. Be a person who pays debts to others and repairs damage I have caused.
- 58. Be accepting of myself, others, and life as it is; live without resentment.

Other: _____

O. Other: _____
