**VALUING QUESTIONNAIRE**

Please read each statement carefully and then circle the number which best describes how much the statement was true for you **DURING THE PAST WEEK, INCLUDING TODAY**.

**0 1 2 3 4 5 6**

Not at all Completely

True true

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. | It seemed like I was just ‘going through the motions,’ rather than focusing on what was important to me | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. | I continued to get better at being the kind of person I want to be | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. | I made progress in areas of my life I care most about | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. | I tried to work towards important goals, but something always got in the way | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. | Difficult thoughts, feelings or memories got in the way of what I really wanted to do | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. | I was proud about how I lived my life | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. | I was basically on “auto-pilot” most of the time | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. | My behavior was a good example of what I stand for in life | 0 | 1 | 2 | 3 | 4 | 5 | 6 |