**1. Increasing/decreasing existential risks (D)**- *includes due to nuclear war, engineered pandemics, misaligned AI, large asteroid strikes, large volcano eruptions, etc.*

**2. Someone dying, or increasing/decreasing its probability (D)** - *increasing its probability includes raising heart attack and stroke risks such as through smoking and lack of exercise*

**3. Non-freely chosen physical pain for a person, or increasing/decreasing its probability (D)** - *increasing its probability includes climbing up unsecured ladders and taking other risks that could result in pain; decreasing probability includes preparing for disasters (fires, nuclear war, etc.)*

**4. Loss of function for a human, or increasing/decreasing its probability (D)** - *increasing its probability includes climbing up unsecured ladders and taking other risks that could result in loss of function such as damaging joints and losing range of motion*

**5. Bringing life into the world with insufficient resources/lack of intent to support it or increasing/decreasing the probability of this (D)** - *includes abandoning children and baby animals, overpopulating what an environment can support*

**6. Bringing life into the world with sufficient resources/intent to support it or increasing/decreasing the probability of this (B)** - *includes having kids when one is emotionally and financially stable*

**7. Extinction of animal or plant species or increasing/decreasing its probability (D)** - *increasing its probability includes reducing already limited habitat, introducing invasive species that outcompete*

**8. Threat (by someone) of physical violence or emotional pain, or increasing/decreasing its probability (D)** - *includes holding a gun to someone’s head, and blackmail such as to release embarrassing information*

**9. Emotional abuse of a child or increasing/decreasing its probability (D)** - *includes telling a child they’re unworthy of love and that they’re good for nothing, child labor, physical abuse (the emotional component of it)*

**10. Emotional pain or increasing/decreasing its probability (D)** - *includes doing something you “know” someone’s not going to like if they find out about it, also includes checking on something to give yourself “peace of mind”*

**11. Words or actions that needlessly hurt someone’s reputation, or increasing/decreasing their probabilities**  **(D)**- *includes one politician calling another politician a “jerk”*

**12. Words or actions that deservedly improve someone’s reputation, or increasing/decreasing their probabilities (B)** - *includes sincerely giving credit where it’s due*

**13. Damaging/destroying/defacing property or increasing/decreasing its probability (D)** - *increasing its probability includes parking a nice car for an extended time in an area that often has sand storms*

**14. Repairing/beautifying property or increasing/decreasing its probability (B)** - *includes fixing up an old house*

**15. Returning something stolen or increasing/decreasing its probability (B)** - *increasing its probability includes putting out posters asking for your property’s return, no questions asked*

**16. Freely chosen anti-survival (masochistic) physical pain or increasing/decreasing its probability** **(D)** - *includes whipping yourself because you think you deserve it*

**17. Anti-survival (sadistic) pleasure or increasing/decreasing its probability (D)** - *includes enjoying torturing someone; increasing its probability includes de-humanizing people and saying they deserve to be hurt*

**18. Going against one’s conscience, or increasing/decreasing its probability (D)** - *includes not helping when one could*

**19. Denying responsibility, lowering one’s self-esteem, or increasing/decreasing its probability (D)** - *includes blaming someone for upsetting you*

**20. Taking responsibility, building one’s self-esteem, or increasing/decreasing its probability (B)** - *includes saying you know your anger comes from you and taking the time to figure out why you’re choosing to be angry, independent of what anyone else did*

**21. Thinking through the ethics of one’s decisions in advance or increasing/decreasing the probability of this** **(B)** - *includes thinking about what you should do if you hit and maim, but don’t immediately kill an animal while driving*

**22. Actively going against justice being upheld (denying due process), or increasing/decreasing its probability** **(D)** - *includes a prosecutor withholding possibly exculpatory evidence from the defense*

**23. Upholding justice (holding people responsible), or increasing/decreasing its probability** **(B)** - *includes boycotting a business that relies on slave labor*

**24. An animal dying or increasing/decreasing its probability (D)** - *increasing its probability includes speeding in a deer crossing zone of a highway*

**25. Physical pain of animals or increasing/decreasing its probability (D)** - *increasing its probability includes eating chicken raised on factory farms*

**26. Words or actions that encourage violence, or increasing/decreasing their probabilities (D)** - *decreasing their probability includes a leader reminding people in their political group to treat other groups with dignity*

**27. Words or actions that inspire non-violence, discourage violence, or increasing/decreasing their probabilities (B)** - *includes a leader advocating for peaceful resistance to an injustice*

**28. Words or actions that encourage stealing, or increasing/decreasing their probabilities** **(D)** - *includes saying wealthy people are greedy and never pay their fair share*

**29. Words or actions that inspire earning what you get, discourage stealing, or increasing/decreasing their probabilities (B)** - *includes words that extoll the value of honest effort*

**30. Words that spread false info (including misrepresenting the hierarchy of value), or increasing/decreasing their probabilities (D)** - *increasing its probability includes not setting the record straight when a politician lies*

**31. Words that correct false info (including accurately representing the hierarchy of value), or increasing/decreasing their probabilities (B)** - *includes fact check reporting*

**32. Actions that misrepresent the hierarchy of value, or increasing/decreasing their probabilities (D)** - *includes not showing respect for your elders*

**33. Actions that accurately represent the hierarchy of value, or increasing/decreasing their probabilities (B)** - *includes waiting your turn in line*

**34. Words or actions that discourage empathy, creativity, curiosity, critical thinking, honest effort and/or responsibility, or increasing/decreasing their probabilities (D)** - *includes promoting a win at all costs attitude*

**35. Words or actions that encourage empathy, creativity, curiosity, critical thinking, honest effort, and/or responsibility, or increasing/decreasing their probabilities (B)** - *includes offering prizes for scientific/engineering advances in critical fields*

**36. A plant dying, or increasing/decreasing its probability (D)** - *decreasing its probability includes fertilizing, and watering regularly*

**37. Errors of thought, or increasing/decreasing their probabilities (D)** - *includes falling victim to cognitive biases such as confirmation bias*

**38. Practicing critical thinking, learning, or developing skills to increase one’s options, or increasing/decreasing its probability (B)** - *includes learning computer programming*

**39. Discouraging human interaction, community, or increasing/decreasing its probability (D)** - *includes putting up automated checkouts at the store*

**40. Promoting human interaction, community, or increasing/decreasing its probability (B)** - *includes running mixer events for people*

**41. Decreasing economic activity, or increasing/decreasing its probability** **(D)**- *includes laying people off*

**42. Increasing economic activity, paying people to do work, or increasing/decreasing its probability (B)** - *includes starting a new business and hiring people*

**43. Reducing options to net build value, or increasing/decreasing its probability (D)** - *includes not hiring certain racial groups*

**44. Increasing options to net build value, or increasing/decreasing its probability (B)** - *includes creating faster computers*

**45. Putting in effort towards a net destructive goal, or increasing/decreasing its probability (D)** - *includes figuring out how to frame someone for a crime, with the intent to do it*

**46. Putting in effort towards a net non-destructive goal, or increasing/decreasing its probability (B)** - *includes laying out a plan for a business that promotes good health*

**47. Setting a bad example, or increasing/decreasing its probability (D)** - *includes showing addictive behavior such as smoking*

**48. Setting a good example and inspiring others, or increasing/decreasing its probability (B)** - *includes running a business with integrity*

**49. Being creative in art or science, or increasing/decreasing its probability (B)** - *decreasing its probability includes telling a child they’re bad at art, so they should try something else*

**50. Giving yourself or someone else pleasure/new experiences that are welcomed, or increasing/decreasing its probability (B)** - *increasing its probability* *includes signing up for bungee jumping, if you’re into that sort of thing*

**51. Cooperating with others, or increasing/decreasing its probability (B)** - *includes answering questions honestly in a criminal investigation (cooperating with authorities)*

**52. Helping others, or increasing/decreasing its probability (B)** - *includes being there for a friend in need*

**53. Violating right to life, or increasing/decreasing its probability (D)** - *decreasing its probability includes locking up serial killers, ending a war*

**54. Violating right to body integrity, or increasing/decreasing its probability (D)** - *decreasing its probability includes not walking alone at night*

**55. Violating right to property, or increasing/decreasing its probability (D)** - *decreasing its probability includes locking up valuables*

(D) = increasing the probability of this is a value destruction

(B) = increasing the probability of this is a value build