

Values Inventory

In this questionnaire you are to ask yourself: "What values are important to ME as guiding principles in MY life, and what values are less important to me?" There are two lists of values on the following pages. These values come from different cultures. In the parentheses following each value is an explanation that may help you to understand its meaning.

Your task is to rate how important each value is for you as a guiding principle in your life. Use the rating scale below:

0--means the value is not at all important, it is not relevant as a guiding principle for you.

3--means the value is important.

6--means the value is very important.

The higher the number (0, 1, 2, 3, 4, 5, 6), the more important the value is as a guiding principle in YOUR life.

-1 is for rating any values opposed to the principles that guide you.

7 is for rating a value of supreme importance as a guiding principle in your life;
ordinarily there are no more than two such values.

In the space before each value, write the number (-1,0,1,2,3,4,5,6,7) that indicates the importance of that value for you, personally. Try to distinguish as much as possible between the values by using all the numbers. You will, of course, need to use numbers more than once.

AS A GUIDING PRINCIPLE IN MY LIFE, this value is:

| | | | | | | | | |
|----------------------------|------------------|---|---|-----------|---|---|-------------------|-----------------------------|
| opposed to my values | not important | | | important | | | very important | of supreme importance |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Before you begin, read the values in List I, choose the one that is most important to you and rate its importance. Next, choose the value that is most opposed to your values and rate it -1. If there is no such value, choose the value least important to you and rate it 0 or 1, according to its importance. Then rate the rest of the values in List I.

VALUES LIST I

- 1 ____EQUALITY (equal opportunity for all)
- 2 ____INNER HARMONY (at peace with myself)
- 3 ____SOCIAL POWER (control over others, dominance)
- 4 ____PLEASURE (gratification of desires)

- 5 ____FREEDOM (freedom of action and thought)
- 6 ____A SPIRITUAL LIFE (emphasis on spiritual not material matters)
- 7 ____SENSE OF BELONGING (feeling that others care about me)
- 8 ____SOCIAL ORDER (stability of society)
- 9 ____AN EXCITING LIFE (stimulating experiences)
- 10 ____MEANING IN LIFE (a purpose in life)

AS A GUIDING PRINCIPLE IN MY LIFE, this value is:

| | | | | | | | | |
|----------------------------------|-----------------------|---|---|----------------|---|---|------------------------|----------------------------------|
| opposed to my values -1 | not important 0 | 1 | 2 | important 3 | 4 | 5 | very important 6 | of supreme importance 7 |
|----------------------------------|-----------------------|---|---|----------------|---|---|------------------------|----------------------------------|

- 11 ____POLITENESS (courtesy, good manners)
- 12 ____WEALTH (material possessions, money)
- 13 ____ NATIONAL SECURITY (protection of my nation from enemies)
- 14 ____ SELF RESPECT (belief in one's own worth)
- 15 ____RECIPROCATION OF FAVORS (avoidance of indebtedness)
- 16 ____CREATIVITY (uniqueness, imagination)
- 17 ____A WORLD AT PEACE (free of war and conflict)
- 18 ____RESPECT FOR TRADITION (preservation of time-honored customs)
- 19 ____MATURE LOVE (deep emotional & spiritual intimacy)
- 20 ____SELF-DISCIPLINE (self-restraint, resistance to temptation)
- 21 ____PRIVACY (the right to have a private sphere)
- 22 ____FAMILY SECURITY (safety for loved ones)
- 23 ____SOCIAL RECOGNITION (respect, approval by others)
- 24 ____UNITY WITH NATURE (fitting into nature)
- 25 ____A VARIED LIFE (filled with challenge, novelty and change)

- 26___WISDOM (a mature understanding of life)
- 27___AUTHORITY (the right to lead or command)
- 28___TRUE FRIENDSHIP (close, supportive friends)
- 29___A WORLD OF BEAUTY (beauty of nature and the arts)
- 30___SOCIAL JUSTICE (correcting injustice, care for the weak)

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VALUES LIST II

Now rate how important each of the following values is for you as a guiding principle in YOUR life. These values are phrased as ways of acting that may be more or less important for you. Once again, try to distinguish as much as possible between the values by using all the numbers.

Before you begin, read the values in List II, choose the one that is most important to you and rate its importance. Next, choose the value that is most opposed to your values, or--if there is no such value--choose the value least important to you, and rate it -1, 0, or 1, according to its importance. Then rate the rest of the values.

AS A GUIDING PRINCIPLE IN MY LIFE, this value is:

| | | | | | | | | |
|----------------------------------|-----------------------|---|---|----------------|---|---|------------------------|----------------------------------|
| opposed to my values -1 | not important 0 | 1 | 2 | important 3 | 4 | 5 | very important 6 | of supreme importance 7 |
|----------------------------------|-----------------------|---|---|----------------|---|---|------------------------|----------------------------------|

- 31___ INDEPENDENT (self-reliant, self-sufficient)
- 32___ MODERATE (avoiding extremes of feeling & action)
- 33___ LOYAL (faithful to my friends, group)
- 34___ AMBITIOUS (hard-working, aspiring)
- 35___ BROADMINDED (tolerant of different ideas and beliefs)
- 36___ HUMBLE (modest, self-effacing)
- 37___ DARING (seeking adventure, risk)
- 38___ PROTECTING THE ENVIRONMENT (preserving nature)

- 39___INFLUENTIAL (having an impact on people and events)
- 40___HONORING OF PARENTS AND ELDERS (showing respect)
- 41___CHOOSING OWN GOALS (selecting own purposes)
- 42___HEALTHY (not being sick physically or mentally)
- 43___CAPABLE (competent, effective, efficient)
- 44___ACCEPTING MY PORTION IN LIFE (submitting to life's circumstances)
- 45___HONEST (genuine, sincere)
- 46___PRESERVING MY PUBLIC IMAGE (protecting my "face")
- 47___OBEDIENT (dutiful, meeting obligations)
- 48___INTELLIGENT (logical, thinking)
- 49___HELPFUL (working for the welfare of others)
- 50___ENJOYING LIFE (enjoying food, sex, leisure, etc.)
- 51___DEVOUT (holding to religious faith & belief)
- 52___RESPONSIBLE (dependable, reliable)
- 53___CURIOUS (interested in everything, exploring)
- 54___FORGIVING (willing to pardon others)
- 55___SUCCESSFUL (achieving goals)
- 56___CLEAN (neat, tidy)
- 57___SELF-INDULGENT (doing pleasant things)