

# Values Clarification therapy worksheet

## Values Clarification

Your values are the beliefs that define what is most important to you. They guide most of your choices in life. For example, someone who values family might try to spend extra time at home, while someone who values success in their career may do just the opposite. Understanding your values will help you recognize areas of your life that need more attention, and what to prioritize in the future.

Select the 10 most important items from the following list. Rank them from 1-10 with "1" being the most important item.

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Love        | <input type="checkbox"/> Honesty      |
| <input type="checkbox"/> Wealth      | <input type="checkbox"/> Honor        |
| <input type="checkbox"/> Family      | <input type="checkbox"/> Loyalty      |
| <input type="checkbox"/> Morals      | <input type="checkbox"/> Power        |
| <input type="checkbox"/> Success     | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Knowledge   | <input type="checkbox"/> Achievement  |
| <input type="checkbox"/> Power       | <input type="checkbox"/> Beauty       |
| <input type="checkbox"/> Health      | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Free Time   | <input type="checkbox"/> Respect      |
| <input type="checkbox"/> Adventure   | <input type="checkbox"/> Peace        |
| <input type="checkbox"/> Variety     | <input type="checkbox"/> Stability    |
| <input type="checkbox"/> Compassion  | <input type="checkbox"/> Wisdom       |
| <input type="checkbox"/> Freedom     | <input type="checkbox"/> Fairness     |
| <input type="checkbox"/> Fun         | <input type="checkbox"/> Creativity   |
| <input type="checkbox"/> Recognition | <input type="checkbox"/> Education    |
| <input type="checkbox"/> Nature      | <input type="checkbox"/> Safety       |

# Values Clarification

**Michael Silver**



## Values Clarification:

*Values Education Strategies and Techniques for the Development of Intrapersonal Relationships*, **Teaching Aspects of Health Care** Valerie Ehlers, 2004-04-28 This updated 2nd edition will benefit all those interested in improving health care and health education It seeks to respond to the challenge of the changing health care situation and clearly sets out a range of different methods that will enhance successful teaching and learning Each teaching method is described in its own chapter and each chapter includes practical suggestions for implementation as well as outlining advantages and disadvantages questions and answers and a self test feature The text has been thoroughly revised to meet the requirements of outcomes based education and includes new chapters on narrative as a teaching method values clarification and evaluation and assessment Importantly this edition strives to meet the HIV AIDS health education needs Almost every chapter provides a specific method for teaching and learning about particular aspects of this condition This culturally sensitive book assumes that English is being used as an additional language and that the reader may have no background in teaching and learning theory It is rich in case studies and applications incorporates traditionally held beliefs and is exceptionally practical in nature This book will be a valuable resource for students practitioners and teachers alike The teaching methods discussed in the text will be extremely useful for community health workers health care assistants nurses social workers medical doctors teachers and agricultural extension officers

*Values Clarification Ten Years Later* Stephen Jeffrey Taffee, 1976 **Role Development in Professional Nursing Practice** Kathleen Masters, 2005 Designed for use in sequential professional development courses across the curriculum Role Development in Professional Nursing Practice covers role development of the professional nurse as it occurs in three developmental stages moving from the simple to the more complex Nurse as Individual Nurse Client Relationships and Nurse as Member of the Health Care Team

**Values Education** John R. Meyer, Brian Burnham, John Cholvat, 1975-07 Values those intangible guideposts serve as standards and perceptual screens which assist us in selecting our priorities for reflection and action Our quest is to clarify compare and form values expressed in defensible and consistent value judgements and actions

*Values Clarification in Counseling and Psychotherapy* Howard Kirschenbaum, 2013-03-06 This work meets a long standing need in the helping professions by being the first and only comprehensive book on how counselors and psychotherapists can work with clients around values goal setting decision making and action planning Helping clients determine their priorities set goals make decisions and take action to improve their lives are common tasks for virtually all helping professionals when engaging with clients This is the process known as values clarification or Values Clarification While counselors and psychotherapists widely practice values clarification some knowingly others unaware they typically do so with a limited understanding of its theory methods and various applications This book demonstrates with great precision case studies and hundreds of clinical examples how counselors and psychotherapists in many fields can ask good clarifying questions conduct clarifying interviews and employ dozens of values

clarification strategies with individuals couples families and groups To illustrate how values clarification can be used to explore a myriad of counseling topics the examples throughout the text are often grouped around more specific applications for marriage and family counseling career counseling substance abuse and recovery counseling geriatric counseling grief counseling pastoral counseling financial counseling school counseling rehabilitation counseling counselor clinical education and supervision health counseling and personal growth There are clear descriptions of what values clarification is and is not theory and research multicultural and diversity issues and how counselors and therapists can handle value and moral conflicts with clients Values clarification is compared and contrasted to other approaches to counseling and psychotherapy including person centered cognitive behavioral reality therapy choice theory existential individual psychology solution focused narrative motivational interviewing acceptance and commitment therapy appreciative inquiry life coaching and positive psychology

**Values Clarification in Nursing** Shirley Steele, Vera M. Harmon, 1979 Hypothetical case studies which range from everyday occurrences through dramatic life threatening experiences reflect decision making situations which the nurse encounters daily Each of these case studies meticulously sets forth the process of values clarification to facilitate the nurse's active involvement in these crucial situations The cases themselves include ethical decision making involving values relating to the practitioner the client and the client's family and to society at large

**International Research Handbook on Values Education and Student Wellbeing** Terence Lovat, Ron Toomey, Neville Clement, 2010-08-05 Informed by the most up to date research from around the world as well as examples of good practice this handbook analyzes values education in the context of a range of school based measures associated with student wellbeing These include social emotional moral and spiritual growth elements that seem to be present where intellectual advancement and academic achievement are being maximized This text comes as values education widens in scope from being concerned with morality ethics civics and citizenship to a broader definition synonymous with a holistic approach to education in general This expanded purview is frequently described as pedagogy relating to values and wellbeing This contemporary understanding of values education or values and wellbeing pedagogy fits well with recent neuroscience research This has shown that notions of cognition or intellect are far more intertwined with social and emotional growth than earlier educational paradigms have allowed for In other words the best laid plans about the technical aspects of pedagogy are bound to fail unless the growth of the whole person social emotional moral spiritual and intellectual is the pedagogical target Teachers and educationalists will find that this handbook provides evidence culled from both research and practice of the beneficial effects of such a values and wellbeing pedagogy

**Second International Research Handbook on Values Education and Student Wellbeing** Terence Lovat, Ron Toomey, Neville Clement, Kerry Dally, 2023-11-14 This collection applies the principles underlying values education to addressing the many social and learning challenges that impinge on education today Insights in the fields of social and emotional learning student wellbeing and increasingly educational

neuroscience have demonstrated that values education represents an efficacious pedagogy with holistic effects on students across a range of measures including social emotional and intellectual outcomes With schools in the 21st century confronting issues such as gender identity stemming radicalism mental health equity for disadvantaged groups bullying respect and the meaning of consent values education offers a way of teaching and learning that integrates and enhances student s affective and cognitive functioning The earlier edition of this book has become a standard reference for scholars and practitioners in the fields of values education moral education and character education Its citation rates reads and downloads have been consistently and enduringly high as have those of its companion text Values Pedagogy and Student Achievement A decade on the main purpose of the revised edition is to update and incorporate new research and practice relevant to values education Recent insights in the fields of neuroscience and social and emotional learning and their implications for education and student wellbeing are more overt than they were when the first edition was being compiled Additionally advanced thinking in the field of epistemology how humans come to know and therefore learn has also sharpened especially through the later writings of prominent scholars like Jurgen Habermas The revised edition has preserved the essential spirit and thrust of the original edition while making space for some of these new insights about the potential of values education to establish optimal and harmonious learning and social environments for both students and teachers

Values Clarification Sidney B. Simon, Leland W Howe, 2009-09-09 Are you getting what you want out of life Do you know where you draw the line when it comes to sex money cheating on your income tax or accepting an indecent proposal Becoming aware of your values is the key to making wise choices in all aspects of your life from picking a partner to buying a house Created by Dr Sidney Simon coauthor of the bestselling Getting Unstuck and two other leading professionals this workbook has already had an impact on hundreds of thousands of lives Its scores of intriguing interactive exercises were designed to uncover the hidden beliefs that reveal what matters most to you how you deal with life changing conflicts which career choices will make you happiest what leisure time activities provide you with the most pleasure where you honestly stand on controversial issues what day to day events are likely to make you angry excited anxious confident how best to motivate yourself and what beliefs can cause conflict in your family or love relationship

*An Investigation Into the Use of Raths' Values Clarification Strategies with Grade Eight Pupils* Beverly Ruth Dixon, 1978

**Understanding Values** Tomas Donato Andres, 1980

Values, Concepts, and Techniques, 1976

**Values Education** Michael Silver, 1976 Designed for use with teachers and other educators concerned with values education

**California. Court of Appeal (1st Appellate District). Records and Briefs** California (State)., Values Education Sourcebook Douglas P. Superka, 1976

Philippine Values Digest, 1986

*Teaching Christian Values* Lucie W. Barber, 1984

*Readings in Transition* Rita Munley Gallagher, 1991 A collection of essays focusing on nursing as a profession nursing as a process nursing as a developing practice and ethical legal implications

**Can We Teach Ethics?** Howard Radest, 1989-02-16 The teaching of ethics and moral values in the schools is an issue that is currently

surrounded by public confusion and complaint about the failure of teachers and the teaching system This thought provoking study examines the foundations of moral education from a philosophical and practical perspective It analyzes some of the typical expectations that cannot be met in the present day approach and recommends that the teaching of ethics be treated with theater as the metaphor dialogue as the genre and Socrates as the model Seen as a necessary and unavoidable classroom activity moral education is presented from a humanist point of view with emphasis on the developmental approach of Jean Piaget and his followers while pointing out the limitations of psychological methods The author s introduction provides a fascinating overview of the realistic concept that the philosopher s world and the school s world must come together that moral education needs its own space faculty and curriculum and cannot be implemented as an extra or added on program In the search for clarification of a relevant approach to the teaching of ethics Howard Radest points out that there can be no clear distinct answer of final wisdom on the subject and that discussion must go on continually The findings of research studies are blended with the practice of bringing ethical reasoning to the classroom and a five level curriculum is outlined in which moral education is introduced without religious prescription and which allows administrators to think about ethics in education in a pluralistic society An important work on a subject of continuing significance today this study will be welcomed by parents teachers administrators and religious leaders

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