

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"/> Reason |
| <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

L Darling-Hammond



Values Clarification:

Values Clarification in Counseling and Psychotherapy Howard Kirschenbaum, 2013-03-06 This is the most comprehensive book ever written on how counselors and psychotherapists can work with clients around values decision making and action planning It shows how to use value clarifying questions value clarifying interviews and over 40 values clarification strategies with 1 000 or so examples that can be used with individuals and groups on specific issues Applications for virtually all counseling psychotherapy and social work specialties are included as is theory research multicultural issues and in depth discussion on value and moral conflicts with clients About two thirds of the book is filled with practical activities examples and case studies The other third contains substantive sections on the history and development of values clarification theory and research the relation of values clarification to other counseling approaches multicultural issues when working with values and arguably the most thoughtful discussion in the literature about how counselors can avoid imposing their values on clients and handle counselor client values conflicts [Values Clarification Ten Years Later](#) Stephen Jeffrey Taffee, 1976 *Moral Values Clarification* Colin Crozier, John R. Meyer, Ontario. Ministry of Education, 1975 *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 [Readings in Values Clarification](#) Sidney B.

Simon, Howard Kirschenbaum, 1973 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

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

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 **Advanced Value Clarification** Howard Kirschenbaum,1977 Reviews theory and current research in value clarification explains designs for workshops and classes advises on introducing value clarification into school curricula and surveys past present and prospective developments in the field **Teaching Christian Values** Lucie W. Barber,1984
Philippine Values Digest ,1986 **Moral Education ... it Comes with the Territory** David E. Purpel, Kevin Ryan,1976
Thieves of Innocence John Ankerberg, John Weldon,1993 A provocative no holds barred expose of the growing humanistic New Age influence invading the American public school system Revealing the surprising ease with which children are being turned away from traditional values and taught to make choices based on their own feelings this book also offers information to equip parents to wisely and confidently face these issues **Health Education** ,1985

Reviewing **Values Clarification**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Values Clarification**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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