



## Values and Priorities List

In my own Wise Mind, I believe it is important to:

**A. Attend to relationships.**

1.  Repair old relationships.
  2.  Reach out for new relationships.
  3.  Work on current relationships.
  4.  End destructive relationships.
- Other: \_\_\_\_\_

**B. Be part of a group.**

5.  Have close and satisfying relationships with others.
  6.  Feel a sense of belonging.
  7.  Receive affection and love.
  8.  Be involved and intimate with others; have and keep close friends.
  9.  Have a family; stay close to and spend time with family members.
  10.  Have people to do things with.
- Other: \_\_\_\_\_

**C. Be powerful and able to influence others.**

11.  Have the authority to approve or disapprove of what people do, or to control how resources are used.
  12.  Be a leader.
  13.  Make a great deal of money.
  14.  Be respected by others.
  15.  Be seen by others as successful; become well known; obtain recognition and status.
  16.  Compete successfully with others.
  17.  Be popular and accepted.
- Other: \_\_\_\_\_

**D. Achieve things in life.**

18.  Achieve significant goals; be involved in undertakings I believe are significant.
  19.  Be productive.
  20.  Work toward goals; work hard.
  21.  Be ambitious.
- Other: \_\_\_\_\_

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Adapted from Schwartz, S. H. (1992). Universals in the content and structure of values: Theory and empirical tests in 20 countries. In M. Zanna (Ed.), *Advances in experimental social psychology* (Vol. 25, pp. 1–65). New York: Academic Press. Copyright 1992 by Academic Press. Adapted by permission of Elsevier B.V.

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### E. Live a life of pleasure and satisfaction.

22.  Have a good time.

23.  Seek fun and things that give pleasure.

24.  Have free time.

25.  Enjoy the work I do.

Other: \_\_\_\_\_

### F. Keep life full of exciting events, relationships, and things.

26.  Try new and different things in life.

27.  Be daring and seek adventures.

28.  Have an exciting life.

Other: \_\_\_\_\_

### G. Behave respectfully.

29.  Be humble and modest; do not draw attention to myself.

30.  Follow traditions and customs; behave properly.

31.  Do what I am told and follow rules.

32.  Treat others well.

Other: \_\_\_\_\_

### H. Be self-directed.

33.  Follow my own path in life.

34.  Be innovative, think of new ideas, and be creative.

35.  Make my own decisions and be free.

36.  Be independent; take care of myself and those I am responsible for.

37.  Have freedom of thought and action; be able to act in terms of my own priorities.

Other: \_\_\_\_\_

### I. Be a spiritual person.

38.  Make room in life for spirituality; live life according to spiritual principles.

39.  Practice a religion or faith.

40.  Grow in understanding of myself, my personal calling, and life's real purpose.

41.  Discern and do the will of God (or a higher power) and find lasting meaning in life.

Other: \_\_\_\_\_

### J. Be secure.

42.  Live in secure and safe surroundings.

43.  Be physically healthy and fit.

44.  Have a steady income that meets my own and my family's basic needs.

Other: \_\_\_\_\_

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### K. Recognize the universal good of all things.

- 45.  Be fair, treat people equally, and provide equal opportunities.
- 46.  Understand different people; be open-minded.
- 47.  Care for nature and the environment.
- Other: \_\_\_\_\_

### L. Contribute to the larger community.

- 48.  Help people and those in need; care for others' well-being; improve society.
- 49.  Be loyal to friends and devoted to close people; be committed to a group that shares my beliefs, values, and ethical principles.
- 50.  Be committed to a cause or to a group that has a larger purpose beyond my own.
- 51.  Make sacrifices for others.
- Other: \_\_\_\_\_

### M. Work at self-development.

- 52.  Develop a personal philosophy of life.
- 53.  Learn and do challenging things that help me grow and mature as a human being.
- Other: \_\_\_\_\_

### N. Have integrity.

- 54.  Be honest, and acknowledge and stand up for my personal beliefs.
- 55.  Be a responsible person; keep my word to others.
- 56.  Be courageous in facing and living life.
- 57.  Be a person who pays debts to others and repairs damage I have caused.
- 58.  Be accepting of myself, others, and life as it is; live without resentment.
- Other: \_\_\_\_\_

### O. Other:

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