



## 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: \_\_\_\_\_

*(continued on next page)*

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.

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this handout is granted to purchasers of *DBT Skills Training Handouts and Worksheets, Second Edition*, and *DBT Skills Training Manual, Second Edition*, for personal use and use with individual clients only. (See page ii of this packet for details.)

## EMOTION REGULATION HANDOUT 18 (p. 2 of 3)

---

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: \_\_\_\_\_

---

*(continued on next page)*

## EMOTION REGULATION HANDOUT 18 (p. 3 of 3)

---

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: \_\_\_\_\_

---

---

---

---