

Day/Date: _____

Values and Priorities List

Below is a list of values and priorities. Consider which areas are important to you at this point in time. This may be the same or different than your priorities and values before you struggled with OUD. Do take care to indicate which areas are important to you, not just which you think are possible for you (what may seem possible can be influenced by substance use, anxiety, depression, and PTSD). *Check the overall values headings and any of the individual priorities that may apply.*

_____ A. **Attend to Relationships:**

1. Repair old relationships
2. Reach out for new relationships
3. Work on current relationships
4. End destructive relationships
5. OTHER: _____

_____ B. **Be Part of a Group:**

6. Have close and satisfying relationships with others
7. Feel a sense of belonging
8. Receive affection and love
9. Be involved and intimate with others, have and keep close friends
10. have a family and stay close and spend time with them
11. Have people to do things with
12. OTHER: _____

_____ C. **Be Powerful and Able to Influence Others:**

13. Have the authority to approve or disapprove of what people do, to control how resources are used
14. Be a leader
15. Make a great deal of money
16. Be respected by others
17. Be seen by others as successful. To become well known. To obtain recognition and status.
18. Compete successfully with others
19. Be popular and accepted
20. OTHER: _____

_____ D. **Achieve Things in Life:**

21. Achieve significant goals. Be involved in undertakings I believe personally are significant
22. Be productive
23. Work towards goals; work hard
24. Be ambitious
25. OTHER: _____

- _____ E. **Live a Life of Pleasure and Satisfaction:**
- 26. Have a good time
 - 27. Seek fun and things that give pleasure
 - 28. Have free time
 - 29. Enjoy the work I do
 - 30. OTHER: _____
- _____ F. **Keep Life Full of Stimulating Events, Relationships and Things:**
- 31. Try new and different things in life
 - 32. Be daring and seek adventures
 - 33. Have an exciting life
 - 34. OTHER: _____
- _____ G. **Behave Respectfully:**
- 35. Be humble and modest, do not draw attention
 - 36. Follow traditions and customs, behave properly
 - 37. Do what I am told and follow rules
 - 38. OTHER: _____
- _____ H. **Be Self-Directed:**
- 39. Follow my own path in life
 - 40. Be innovative, think new ideas and be creative
 - 41. Make own decisions and be free
 - 42. Be independent and take care of myself and those I am responsible for
 - 43. Have freedom of thought and action. Be able to act in terms of my own priorities
 - 44. OTHER: _____
- _____ I. **Be a Spiritual Person:**
- 45. Make room in life for spirituality; live life according to spiritual principles
 - 46. Practice a religion or faith
 - 47. Grow in understanding myself, my personal calling and life's real purpose
 - 48. Discern and do the will of God (greater power) and find lasting meaning in life
 - 49. OTHER: _____
- _____ J. **Be Secure:**
- 50. Live in secure and safe surroundings
 - 51. Be physically healthy and fit
 - 52. Have a steady income that meets my own and my family's basic needs
 - 53. OTHER: _____

- _____ K. **Recognize the Universal Good of All Things:**
- 54. Be fair, treat people equally and provide equal opportunities
 - 55. Understand different people, be open-minded
 - 56. Care for nature and environment
 - 57. OTHER: _____
- _____ L. **Contribute to the Larger Community:**
- 58. Help people and those in need; care for others' well-being, improve society
 - 59. Be loyal to friends and devoted to close people; be committed to a group that shares my beliefs, values, and ethical principles
 - 60. Be committed to a cause or to a group that has a larger purpose beyond my own
 - 61. Make sacrifices for others
 - 62. OTHER: _____
- _____ M. **Work at Self-Development:**
- 63. Develop a personal philosophy of life
 - 64. Learn and do challenging things that help me grow and mature as a human being
 - 65. OTHER: _____
- _____ N. **Have Integrity:**
- 66. Be honest and acknowledge and stand up for my personal beliefs
 - 67. Be a responsible person, keep my word to others
 - 68. Be courageous in facing and living life
 - 69. Be accepting of myself, others, and life as it is, living without resentment
 - 70. OTHER: _____

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