



## 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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