

Identifying Relationships That Reflect Your Values DBT Worksheet

Our values (both our morals and beliefs) have a crucial role in shaping the way we think, the way we interact with people, how we act, and how we treat and present ourselves. These values can attract others, but at the same time, they can push people away. As social beings, we tend to make compromises with our values in order to be accepted, loved and understood. This is not a bad thing, but some of us might compromise too much that they negatively impact us in different ways.

For this worksheet, let's take a look at the values you hold dear and which ones you prioritize the most, and let's discuss your experiences with relationships that required you to compromise your values.

1. Your Value Checklist

Instructions: Here is a list of values. Please tick the checkboxes of the values that are important to you. You can tick as much as you want.

<input type="checkbox"/> Authenticity	<input type="checkbox"/> Determination	<input type="checkbox"/> Kindness	<input type="checkbox"/> Respect
<input type="checkbox"/> Adventure	<input type="checkbox"/> Fairness	<input type="checkbox"/> Knowledge	<input type="checkbox"/> Responsibility
<input type="checkbox"/> Balance	<input type="checkbox"/> Freedom	<input type="checkbox"/> Leadership	<input type="checkbox"/> Security
<input type="checkbox"/> Bravery	<input type="checkbox"/> Friendships	<input type="checkbox"/> Learning	<input type="checkbox"/> Self-Respect
<input type="checkbox"/> Compassion	<input type="checkbox"/> Fun	<input type="checkbox"/> Love	<input type="checkbox"/> Social
<input type="checkbox"/> Community	<input type="checkbox"/> Generosity	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Creativity	<input type="checkbox"/> Growth	<input type="checkbox"/> Openness	<input type="checkbox"/> Stability
<input type="checkbox"/> Curiosity	<input type="checkbox"/> Honesty	<input type="checkbox"/> Optimism	<input type="checkbox"/> Wealth
			<input type="checkbox"/> Wisdom

If there are any other values that you think aren't here, please write them down. This is optional. Only write down values that are important to you.

2. Value Short List

Instructions: Now that you've identified all the values that are important to you, make a short list of the five most important values to you.

Value #1: _____

Value #2: _____

Value #3: _____

Value #4: _____

Value #5: _____

3. Values and Relationships Questionnaire

Instructions: Here is a series of questions about your relationships and how they've affected your values, and in turn, your mental well-being. Please answer as clearly and descriptively as you can. Take as much time as you need.

1. Have you experienced any relationships (family, romantic, friendships, work-related) in which you compromised your values? Describe.

2. Name one or more decisions or choices you have made that did not reflect your values.

3. What did you experience in that relationship which led you to act against your values?

4. Did your feelings about yourself and/or your relationship change after you acted against your values? Explain.

5. Can you engage in that relationship differently in order to better support your values and intentions? For example, setting boundaries, expressing your feelings, asking for what you need, or spending less time with that person.

6. Next, think about one of your relationships in which you practiced or strengthened those five values. Describe the relationship and include how the other person's actions or beliefs upheld your values.

7. Name one or more values-based decisions or actions you have taken as a result of this relationship.

8. Did your feelings about yourself and your relationship change when you embraced your values? Explain.

9. What goals and intentions would you like to set within your relationship that will allow you to embrace your values?

10. Name a relationship in your life that can support you around your goals and intentions, including making healthy changes.

11. Has this exercise changed the way you express your needs and values within your relationships? Explain.