

## **Values and Priorities List (from Linehan DBT Resource Book)**

In my wise mind, I deem it vital to:

### **A. Foster and Maintain Relationships**

- ☐ Mend past relationships.
- ☐ Forge new connections.
- ☐ Nurture existing relationships.
- ☐ Cut ties with harmful relationships.
- ☐ Other:

### **B. Engage in a Community**

- ☐ Cultivate deep and fulfilling relationships.
- ☐ Nurture a sense of belonging.
- ☐ Cherish love and affection.
- ☐ Maintain intimate connections and preserve close friendships.
- ☐ Strengthen family bonds; value family time.
- ☐ Have companions to share activities with.
- ☐ Other:

### **C. Exert Influence and Authority**

- ☐ Control resource allocation and influence people's actions.
- ☐ Lead with authority.
- ☐ Achieve financial prosperity.
- ☐ Earn respect from peers.
- ☐ Gain recognition and establish a reputable status.
- ☐ Triumph in competitive scenarios.
- ☐ Ascend to a position of popularity and acceptance.
- ☐ Other:

### **D. Accomplish Life Goals**

- ☐ Reach significant milestones; involve in meaningful endeavors.
- ☐ Uphold productivity.
- ☐ Diligently pursue objectives.
- ☐ Harbor a spirit of ambition.
- ☐ Other:

#### **E. Seek Pleasure and Satisfaction**

- ☐ Pursue enjoyable experiences.
- ☐ Indulge in pleasurable activities.
- ☐ Cherish leisure time.
- ☐ Derive satisfaction from work.
- ☐ Other:

#### **F. Embrace Excitement and Novelty**

- ☐ Experiment with new experiences in life.
- ☐ Pursue adventures and take risks.
- ☐ Lead a life filled with excitement.
- ☐ Other:

#### **G. Uphold Respectful Conduct**

- ☐ Embrace humility and avoid attention-seeking behavior.
- ☐ Adhere to traditions and maintain proper conduct.
- ☐ Follow rules and instructions.
- ☐ Exhibit kindness towards others.
- ☐ Other:

#### **H. Foster Independence**

- ☐ Carve out a personal life path.

- ☐ Nurture creativity and innovative thinking.
- ☐ Exercise freedom in decision-making.
- ☐ Uphold independence and self-sufficiency.
- ☐ Prioritize personal freedom in thoughts and actions.
- ☐ Other:

#### **I. Nurture Spirituality**

- ☐ Allocate space for spiritual growth; abide by spiritual tenets.
- ☐ Engage in religious practices.
- ☐ Pursue personal development and discover life's deeper purpose.
- ☐ Seek divine guidance and explore life's profound meanings.
- ☐ Other:

#### **J. Ensure Security and Well-being**

- ☐ Live in a secure and safe environment.
- ☐ Maintain physical health and wellness.
- ☐ Secure a reliable income to meet personal and family needs.
- ☐ Other:

#### **K. Promote Universal Good**

- ☐ Advocate fairness and equal opportunities for all.
- ☐ Cultivate understanding and open-mindedness towards diverse individuals.
- ☐ Protect and cherish the environment.
- ☐ Other:

#### **L. Contribute to the Community**

- ☐ Assist others and foster societal well-being.

- ☐ Remain devoted to friends and groups sharing similar values and ethical principles.
- ☐ Commit to a cause or group with a purpose greater than individual concerns.
- ☐ Make sacrifices for the welfare of others.
- ☐ Other:

#### **M. Pursue Self-Development**

- ☐ Develop a personal life philosophy.
- ☐ Engage in challenging activities that foster growth and personal development.
- ☐ Other:

#### **N. Uphold Integrity**

- ☐ Be truthful and stand by personal convictions.
- ☐ Demonstrate responsibility and keep commitments.
- ☐ Showcase courage in facing life's challenges.
- ☐ Settle debts and amend past wrongs.
- ☐ Embrace self-acceptance and approach life with a resentment-free perspective.
- ☐ Other: