
GOALS AND VALUES

ACTIVITY FOR SURVIVORS

Instructions

1. Circle all the values that you identify with. Feel free to add other values to the list.
2. From the values you circled, choose the 10 that are most important to you.
3. From the 10 values most important to you, imagine you had to choose 5 to eliminate.

Values

Adventure	Control	Exploration	Obedience	Respect
Ambition	Creativity	Forgiving	Open-mindedness	Safety
Appreciation	Curiosity	Freedom	Organization	Social Justice
Authority	Daring	Harmony	Perseverance	Stability
Capability	Devout	Helpfulness	Personal Success	Tolerance
Challenge	Environmentalism	Honesty	Pleasure	Tradition
Choice	Equality	Honor	Politeness	Understanding
Commitment	Excitement	Humbleness	Prestige	Zest

Reflection Questions

1. Which values were the most difficult to eliminate? Why?
2. Did the elimination process make you reorder the importance of your values?
3. Do your values reflect the person you want to be?
4. Does an eating disorder help you live by your values or against them?
5. What values do you want to develop in your work? In your relationships? In your personal growth?
6. What can you do today to further strengthen your values?