

Values Clarification: A Comprehensive Worksheet

Introduction

Our values act as a compass, guiding our decisions, shaping our worldview, and influencing our relationships. This 4-page worksheet helps you identify your core personal values, reflect on their alignment with your actions, and explore how they align or differ with your partner's (if applicable). Use this tool personally, with a therapist, or as part of a support network to gain clarity, strengthen your identity, and foster healthier connections—especially after challenging experiences like abuse or toxic relationships. If you feel unsafe or experience harm, prioritize safety by contacting a crisis hotline or professional before proceeding (see resources at the end). Clarifying your values empowers you to live authentically and navigate relationships with intention—start here to align your life with what matters most.

Section 1: Identifying Your Personal Values

Why Values Matter

Values are deeply held beliefs that guide your choices, behaviors, and sense of purpose. They shape how you prioritize relationships, careers, and self-care, especially after trauma or abuse. Identifying your core values helps you live authentically, set boundaries, and make decisions aligned with your well-being.

Step 1: Identifying Your Personal Values

Below is a list of common values. Circle the 10 most important to you, then rank those 10 in order of priority (1 being most important, 10 being least important among your top 10). Feel free to add values not listed that resonate with you.

Values	Circle if Important	Rank (1-10, if circled)
Achievement		
Adventure		
Ambition		
Authenticity		
Beauty		
Community		
Compassion		
Connection		
Creativity		
Dependability		
Faith/Spirituality		
Family		

Financial Security		
Friendship		
Fun		
Growth		
Harmony		
Health		
Honesty		
Humor		
Independence		
Kindness		
Learning		
Love		
Loyalty		

Order		
Peace		
Respect		
Simplicity		
Stability		
Status		
Success		
Wisdom		
<i>(Add your own, e.g., Freedom)</i>		

Prompt: Circle your 10 most important values and rank them (1-10). If you added custom values, explain why they're significant. Be kind and honest, as if advising a friend.

Tool: Use a values card sort (printable from narcED.org/resources or digitally via apps like Values in Action) to physically or virtually sort values, ranking them by importance. Review annually or after major life changes to track shifts.

Fill out the table, ranking your top 10 values. Reflect on why these resonate and whether they align with your current life or recovery goals.

Section 2: Reflection on Your Values

Reflecting on your values helps you understand their role in your life, identify alignment or misalignment, and plan intentional actions.

Reflection Prompts

- **Were there any surprises in your top 10?**
 - **Example:** “I was surprised ‘Independence’ ranked #1—I thought ‘Family’ would, but after abuse, autonomy feels crucial for my safety and healing.”
- **Can you think of recent decisions you made that align with your values?**
 - **Example:** “Choosing therapy aligns with ‘Growth’ (#2)—it’s helping me heal and grow stronger after narcissistic abuse.”
- **Are there areas where you feel your actions might not fully reflect your values?**
 - **Example:** “I value ‘Peace’ (#3), but I stay in arguments to avoid conflict, fearing my partner’s reaction. This misalignment increases my stress and isolates me.”

Tool: Use a values alignment journal to log decisions, actions, and their alignment with your top values, noting dates, emotions, and gaps. Highlight 2-3 areas for focus, setting a goal to review weekly.

Write down your reflections, including at least one specific example or feeling for each prompt. Reflect on how these insights motivate you to align actions with values and support healing.

Section 3: Partner Comparison (Optional)

If you’re in a relationship, comparing values with your partner can clarify alignment, identify differences, and inspire communication for growth.

Step 3: Partner Comparison

- **Prompt:** If safe and appropriate, ask your partner to complete this exercise. Then, discuss your top 3 values together. Answer the following:
 - **Discuss your top 3 values with each other. Where do you overlap?**
 - **Example:** “My top 3 are Independence (#1), Growth (#2), and Peace (#3). My partner’s are Family (#1), Loyalty (#2), and Stability (#3). We overlap on Stability, valuing a secure home life.”
 - **Are there any values where you significantly differ?**
 - **Example:** “I prioritize Independence, but they value Family more, wanting constant togetherness, which conflicts with my need for autonomy, creating tension.”
 - **How might those differences impact your relationship? Are they areas for compromise or potential conflict?**
 - **Example:** “Their focus on Family makes me feel pressured to prioritize them over myself, potentially leading to conflict. We can compromise by scheduling alone time for me and family time together, using ‘Healthy Boundaries’ strategies.”

Tool: Use a values comparison chart (e.g., spreadsheet or journal) to list both sets of top 10 values, noting overlaps, differences, and impacts. Highlight 2-3 differences for discussion,

setting a goal to talk within two weeks if safe.

Write down your comparison, including at least one overlap and one difference. Reflect on how understanding these differences affects your relationship and whether they signal a need for boundaries or support.

Safety Note:

If discussing values risks harm, prioritize safety—do not share this worksheet with your partner. Use it privately or with a therapist to assess dynamics and plan safely. Create or update a safety plan (see “Creating Your Safety Plan” worksheet) if you feel threatened or controlled.

Section 4: Incorporating Values into Daily Life

Living intentionally with your values strengthens your identity, boundaries, and well-being, especially after abuse or toxic relationships.

How Can You Incorporate Your Top Values More Intentionally into Your Daily Life?

- **Prompt:**For each of your top 3 values, list 1-3 specific actions to integrate them, including why they matter, how often you’ll practice them, and their expected impact on well-being.
 - **Examples (Based on Top Values: Independence, Growth, Peace):**
 - **Value:**Independence (#1)
 - **Action:** Set a daily 15-minute alone time for journaling or walking, saying no to unreasonable demands.
 - **Why It Matters:** Counters control from past abuse, reinforcing my autonomy and safety.
 - **Frequency:** Daily, evening.
 - **Impact:** Reduces anxiety, boosts confidence, and aligns actions with my worth.
 - **Value:**Growth (#2)
 - **Action:** Attend a therapy session weekly and read a self-help book chapter monthly.
 - **Why It Matters:** Supports healing, counters stagnation from manipulation, and builds resilience.
 - **Frequency:** Weekly (therapy), monthly (reading).
 - **Impact:** Enhances self-esteem, clarifies goals, and fosters progress.
 - **Value:**Peace (#3)
 - **Action:** Practice 5 minutes of deep breathing daily and create a calm home space with candles.
 - **Why It Matters:** Reduces stress, counters tension from the abuse cycle, and promotes well-being.
 - **Frequency:** Daily (breathing), weekly (space maintenance).

- **Impact:** Lowers hypervigilance, increases joy, and aligns with my need for safety.

Tool: Use a values action planner (e.g., calendar or app like Todoist) to schedule these actions, setting reminders. Log their impact on alignment, well-being, and relationships weekly, adjusting as needed.

Write down your actions for your top 3 values, including at least one reason each feels meaningful. Reflect on how intentional living with these values supports your healing and relationships.

Section 5: Additional Reflection and Tips

- **Values Evolve:** Revisit this worksheet annually or after major life changes (e.g., ending a relationship, recovery milestones) to update your values and actions, ensuring they reflect your growth and needs.
- **Open Communication Helps:** If in a relationship, use “Relationship Reality Check” or “Breaking Toxic Patterns in Your Relationship” worksheets to discuss value differences safely, fostering understanding and compromise without conflict.
- **You Deserve Alignment:** After abuse or manipulation, aligning actions with values rebuilds your identity, boundaries, and well-being—trust in this process to guide you toward authenticity and safety.
- **Seek Support if Needed:** If value misalignment causes distress, confusion, or fear (e.g., control, coercion), consult a therapist or hotline for guidance on boundaries, safety, or healing (see resources).

Tool: Use a values progress tracker (e.g., journal or app) to log reflections, actions, and impacts monthly, celebrating alignment and addressing gaps. Set a goal to revisit one section quarterly, logging growth.

Further Resources

- **National Hotlines:**
 - U.S.: National Domestic Violence Hotline – 1-800-799-7233, <https://www.thehotline.org/>
 - Canada: Canadian Women’s Foundation – 1-866-863-0511, <https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/services.html>
- **Local Support:** Contact your local domestic violence shelter or crisis center (e.g., Sheltersafe.ca for Canada) for region-specific help and values clarification workshops.
- **Books:**
 - *The Values Factor* by John Demartini – A guide to identifying and living your core values for personal growth.
 - *Dare to Lead* by Brené Brown – Insights on aligning values with actions and relationships, especially after trauma.
- **Online:**

- Values in Action (www.viacharacter.org) – Free tools and quizzes for identifying and applying personal values.
- Psychology Today (<https://www.psychologytoday.com/>) – Find therapists specializing in values clarification and relationship dynamics.
- **Apps:**
 - *Habitica* – A gamified app to track and reinforce value-aligned actions and habits.
 - *Notion* – A customizable tool for organizing values, reflections, and action plans.

Final Thoughts

Clarifying your values is a powerful step toward living authentically, setting boundaries, and building healthier relationships—especially after abuse or manipulation. This worksheet helps you identify, reflect on, and incorporate your core values, assess alignment with your partner (if applicable), and plan intentional actions for well-being. You deserve to live in alignment with what matters most—start by ranking your values, reflecting on one decision, or scheduling an action today. If you feel unsafe, prioritize safety by seeking help—your journey to authenticity and peace begins here.