WORKSHEET 34 · FOR THE PSYCHOLOGIST

The values target

Measuring the gap between values and life, area by area

AIM

Help the person put their values into words in four major areas of life and place on a target how much they are currently living in line with them.

WHO IT IS FOR

Start of work on values, tracking progress, loss of meaning. Adults and adolescents.

DURATION

20 min in session; repeat every 1-2 months

HOW TO RUN IT

1. Introduce the four areas: work and studies, relationships, leisure and personal growth, health and self-care.
2. For each area, help the person put a value into words (a direction, not a goal): “being…”, “looking after…”.
3. On a scale of 0 to 10, how much have they lived in line with that value recently? (10 = the bullseye).
4. Identify what gets in the way (thoughts, emotions, circumstances).
5. Choose one area and a small action to move closer to the centre.

POINTS TO WATCH

> Help the person tell their values apart from other people’s expectations (“I should”). A low score is not a failure: it is information.

REFERENCES

Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K. & Melin, L. (2012). The Bull's-Eye Values Survey: A psychometric evaluation. Cognitive and Behavioral Practice, 19(4), 518-526.

Harris, R. (2019). ACT Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy (2nd ed.). New Harbinger.

PSYCHOLOGIST’S NOTES

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WORKSHEET 34 · WORKSHEET TO HAND OUT

My values target

A value is a direction, like north on a compass: you never reach it, you move towards it. Look, area by area, at how far you are from the centre of your target.

1. For each area, write in a few words the person you want to be.
2. Rate from 0 to 10 how much you live that way right now (10 = the bullseye).
3. Note what holds you back.
4. Choose one area and a small action to move closer to the centre.

Area	My value (the person I want to be)	My life now /10	What holds me back

The area I choose and my small action:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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