

# Values Inventory for Addiction

Fighting addiction is a journey that often requires looking inward and reconnecting with what truly matters to you. **Core values—those guiding principles that define who you are and what you stand for—can serve as a powerful foundation for recovery.** This worksheet is designed to help you identify and align with your core values.

To get started, set a timer for two minutes and review the list of values below. Put a checkmark next to the ones that resonate with you the most. The timer helps you trust your gut without overthinking.

## Values List

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Acceptance     | <input type="checkbox"/> Collaboration | <input type="checkbox"/> Dependability |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Commitment    | <input type="checkbox"/> Determination |
| <input type="checkbox"/> Accuracy       | <input type="checkbox"/> Compassion    | <input type="checkbox"/> Dignity       |
| <input type="checkbox"/> Adaptability   | <input type="checkbox"/> Competence    | <input type="checkbox"/> Discipline    |
| <input type="checkbox"/> Ambition       | <input type="checkbox"/> Confidence    | <input type="checkbox"/> Diversity     |
| <input type="checkbox"/> Appreciation   | <input type="checkbox"/> Connection    | <input type="checkbox"/> Empathy       |
| <input type="checkbox"/> Authenticity   | <input type="checkbox"/> Consistency   | <input type="checkbox"/> Encouragement |
| <input type="checkbox"/> Balance        | <input type="checkbox"/> Contribution  | <input type="checkbox"/> Equality      |
| <input type="checkbox"/> Bravery        | <input type="checkbox"/> Cooperation   | <input type="checkbox"/> Excellence    |
| <input type="checkbox"/> Calmness       | <input type="checkbox"/> Courage       | <input type="checkbox"/> Fairness      |
| <input type="checkbox"/> Care           | <input type="checkbox"/> Creativity    | <input type="checkbox"/> Faith         |
| <input type="checkbox"/> Charity        | <input type="checkbox"/> Curiosity     | <input type="checkbox"/> Family        |
| <input type="checkbox"/> Clarity        | <input type="checkbox"/> Dedication    | <input type="checkbox"/> Flexibility   |



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|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Forgiveness  | <input type="checkbox"/> Knowledge    | <input type="checkbox"/> Resilience      |
| <input type="checkbox"/> Freedom      | <input type="checkbox"/> Leadership   | <input type="checkbox"/> Respect         |
| <input type="checkbox"/> Friendship   | <input type="checkbox"/> Learning     | <input type="checkbox"/> Responsibility  |
| <input type="checkbox"/> Generosity   | <input type="checkbox"/> Loyalty      | <input type="checkbox"/> Security        |
| <input type="checkbox"/> Gratitude    | <input type="checkbox"/> Moderation   | <input type="checkbox"/> Self-awareness  |
| <input type="checkbox"/> Growth       | <input type="checkbox"/> Motivation   | <input type="checkbox"/> Self-discipline |
| <input type="checkbox"/> Harmony      | <input type="checkbox"/> Nurturing    | <input type="checkbox"/> Service         |
| <input type="checkbox"/> Health       | <input type="checkbox"/> Objectivity  | <input type="checkbox"/> Simplicity      |
| <input type="checkbox"/> Honesty      | <input type="checkbox"/> Openness     | <input type="checkbox"/> Spirituality    |
| <input type="checkbox"/> Hope         | <input type="checkbox"/> Optimism     | <input type="checkbox"/> Strength        |
| <input type="checkbox"/> Humility     | <input type="checkbox"/> Originality  | <input type="checkbox"/> Support         |
| <input type="checkbox"/> Humor        | <input type="checkbox"/> Patience     | <input type="checkbox"/> Sustainability  |
| <input type="checkbox"/> Inclusivity  | <input type="checkbox"/> Peace        | <input type="checkbox"/> Teamwork        |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Thoughtfulness  |
| <input type="checkbox"/> Integrity    | <input type="checkbox"/> Positivity   | <input type="checkbox"/> Tolerance       |
| <input type="checkbox"/> Joy          | <input type="checkbox"/> Practicality | <input type="checkbox"/> Transparency    |
| <input type="checkbox"/> Justice      | <input type="checkbox"/> Purpose      | <input type="checkbox"/> Trust           |
| <input type="checkbox"/> Kindness     | <input type="checkbox"/> Reliability  | <input type="checkbox"/> Wisdom          |



# Values Inventory for Addiction

Next, rank your values in order of importance from most to least:

## My Core Values

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_



# Values Inventory for Addiction

Core values are the ones that guide most of your decisions and actions. Choose the three values that feel the most important to you right now. Write them below and answer the questions for each.

**Value #1:**

**Why is this value important to you?**

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**How has addiction gotten in the way of upholding this value?**

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**How can this value motivate your recovery?**

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# Values Inventory for Addiction

**Value #2:**

**Why is this value important to you?**

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**How has addiction gotten in the way of upholding this value?**

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**How can this value motivate your recovery?**

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# Values Inventory for Addiction

**Value #3:**

**Why is this value important to you?**

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**How has addiction gotten in the way of upholding this value?**

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**How can this value motivate your recovery?**

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**300+**  
Companies Reviewed



**2,350+**  
Hours of Firsthand Experience



**1,150+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

