

List of Values

DBT: Emotion Regulation Skills

According to my own wise mind, I believe it's important to:

Connect to others

- Love and be loved
- Be emotionally, physically, or romantically close with someone
- Work to keep my relationships healthy
- Be close with friends or found family
- Be close with family or start a family
- Feel accepted and connected to a group
- Connect with my community and culture

Support others

- Be compassionate towards others
- Give others warmth and respect
- Help those in need
- Commit to a cause with a greater purpose
- Advocate for the rights of others
- Be a cooperative team member
- Treat others as I want to be treated
- See the good in everyone

Enjoy myself

- Seek joy without shame
- Enjoy the work that I do
- Enjoy my free time, hobbies, and interests
- Try new things
- Be daring, adventurous, or exciting
- Be content and relaxed
- Find wonder in everyday life
- Bring happiness to others

Achieve goals

- Be financially stable or successful
- Further my education
- Learn new skills
- Challenge myself and do my best
- Pursue knowledge, discovery, innovation
- Be productive, ambitious, or hardworking
- Be respected, successful, or well-known
- Be a leader, popular, or powerful

Be independent

- Create my own path in life
- Be free of others' expectations, demands, influence, or judgments
- Think for myself
- Make my own decisions with confidence
- Take care of myself and my own
- Live honestly and authentically
- Be self-sufficient

Support my health

- Strive for physical health or fitness
- Strive for mental/emotional health
- Balance my work and personal life
- Live in safe and secure surroundings
- Engage in healthy habits
- Overcome addiction
- Manage chronic health conditions
- Support my loved ones' health

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



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DBT: Emotion Regulation Skills

According to my own wise mind, I believe it's important to:

Be spiritual or religious

- Serve others and God or a higher power
- Connect with the divine in everyone
- Find a moral path, enlightenment, or righteousness
- Live life according to spiritual principles
- Find meaning in life
- Live according to the will of God or a higher power
- Follow the traditions of my faith

Strive to be...

- Honest and stand up for my beliefs
- Fair and support equality, justice, respect
- Humble or modest
- Open-minded and accepting
- Ethical in what I do and how I live my life
- Responsible and keep my word
- Brave and courageous
- True to myself
- In control of myself and on the right path

For next steps, check out our worksheets on:

- [turning values into action](#)
- [tracking actions aligned with your values](#)



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](https://www.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



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
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.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.