

List of Values



Thinking back to the situation analysed on stressors and undesired behaviours, identify which values may apply to the situation of the responder. You can use the list below or choose your own. Pick the value you consider most important.

Accomplishment Accountability Accuracy Achievement Adaptability Adventure Altruism Ambition Appearance Assertiveness Authenticity Authority Autonomy Awareness	Balance Beauty Benevolence Boundaries Bravery	Calmness Challenge Clarity Commitment Community Compassion Competency Competition Connection Consistency Contribution Control Cooperation Creativity Curiosity	Decisiveness Dependability Determination Diligence Discipline Discretion Diversity Directness Dream Duty Dignity	Effectiveness Efficiency Elegance Empathy Enjoyment Enthusiasm Equality Excellence Expertise Exploration	Fairness Faith Fame Family Fidelity Fitness Flexibility Focus Freedom Friends Fun	Generosity Generosity Grace Gratitude Growth Happiness Health Honesty Honour Hope Humility Humour Hygiene	Imagination Improvement Independence Influence Inner Harmony Innovation Inspiration Intelligence Intuition Justice Kindness Knowledge
Law-abiding Leadership Legacy Logic Love Loyalty Maturity Meaning Mindfulness Moderation Modesty Motivation	Nature Non-conformity Obedience Openness Optimism Order Originality	Passion Patience Patriotism Peace Performance Persistence Pleasure Politeness Power Practicality Preparedness Productivity Professionalism	Quality Realism Recognition Reliability Religion Reputation Resourcefulness Respect Responsibility Restraint	Satisfaction Security Sensitivity Serenity Service Simplicity Spirituality Spontaneity Stability Status Strength Structure Support	Teamwork Timeliness Time- Management Tolerance Tradition Transparency Trustworthiness Validation Victory Vision	Understanding Uniqueness Unity Wealth Wisdom Youthfulness	