

Core Values Assessment

Identify guiding principles

Printable worksheet · 6 parts

Name _____ Date _____

Identify your guiding principles and realign with what matters most

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PART 1 OF 6

Introduction

Identify your guiding principles and realign with what matters most

What Are Core Values?

Core values are personal ethics or ideals that guide us when making decisions, building relationships, and solving problems. They represent what is most important to us and serve as our internal compass.

Many times, in our active addiction we tend to shift from our core values to protect the disease. Our authentic values become compromised, and we adopt behaviors and characteristics that contradict who we truly are.

Identifying the values that are meaningful to you can help you develop and achieve personal growth in recovery and a realignment with your core values. This worksheet will guide you through exploring your values before addiction, during active addiction, and in recovery.

What You'll Do:

- • Select 5 core values that defined you before addiction
- • Reflect on how your values shifted to protect your addiction
- • Identify 5 values essential to your recovery
- • Develop specific ways to realign with your authentic values
- • Select 5 spiritual values that provide your foundation

PART 2 OF 6

Core Values Before Addiction

Step 1 of 5

Identify 5 Core Values that would explain you the most prior to your active addiction.

Search values...

☐ Accountability ☐ Achievement ☐ Adaptability ☐ Adventure ☐ Altruism ☐ Ambition ☐ Authenticity ☐ Balance ☐ Beauty ☐ Belonging ☐ Bold ☐ Brave ☐ Calm ☐ Career ☐ Caring ☐ Clarity ☐ Comfortable ☐ Commitment ☐ Community ☐ Compassion ☐ Competence ☐ Confidence ☐ Connection ☐ Contentment ☐ Contribution ☐ Conviction ☐ Cooperation ☐ Courage ☐ Creativity ☐ Curiosity ☐ Dignity ☐ Diligence ☐ Drive ☐ Efficiency ☐ Empathetic ☐ Empowered ☐ Equality ☐ Ethical ☐ Excellence ☐ Exuberant ☐ Fair ☐ Faith ☐ Family ☐ Fearless ☐ Flexibility ☐ Focused ☐ Forgiveness ☐ Frankness ☐ Freedom ☐ Friendship ☐ Fun ☐ Funny ☐ Generosity ☐ Giving Back ☐ Grace ☐ Grandiose ☐ Gratitude ☐ Growth ☐ Harmony ☐ Healthy ☐ Home ☐ Honest ☐ Honor ☐ Hope ☐ Hopeful ☐ Humility ☐ Humor ☐ Inclusive ☐ Independent ☐ Initiative ☐ Integrity ☐ Intuition ☐ Joyous ☐ Judiciousness ☐ Justice ☐ Kindness ☐ Knowledge ☐ Leadership ☐ Leisure ☐ Liberty ☐ Liveliness ☐ Love ☐ Loyalty ☐ Mature ☐ Mindful ☐ Modest ☐ Nurturing ☐ Obedient ☐ Open-minded ☐ Openness ☐ Optimistic ☐ Order ☐ Organized ☐ Original ☐ Passionate ☐ Passive ☐ Patience ☐ Peaceful ☐ Perseverance ☐ Persistent ☐ Personality ☐ Persuasive ☐ Playful ☐ Powerful ☐ Practical ☐ Pride ☐ Proactive ☐ Punctual ☐ Realistic ☐ Reasonable ☐ Reflective ☐ Reliable ☐ Resilient ☐ Resourceful ☐ Respectable ☐ Responsible ☐ Risk Taker ☐ Secure ☐ Self-disciplined ☐ Self-expressive ☐ Self-reliant ☐ Self-respect ☐ Selfless ☐ Sensitive ☐ Serenity ☐ Service ☐ Sharing ☐ Simple ☐ Simplicity ☐ Sincere ☐ Skillful ☐ Spiritual ☐ Spontaneous ☐ Stable ☐ Stewardship ☐ Strong ☐ Structured ☐ Successful ☐ Team Player ☐ Thankful ☐ Thorough ☐ Thoughtful ☐ Timely ☐ Traditional ☐ Tranquil ☐ Trustworthy ☐ Truthful ☐ Understanding ☐ Unflappable ☐ Unity ☐ Useful ☐ Valor ☐ Vigor ☐ Virtuous ☐ Vision ☐ Visionary ☐ Vulnerability ☐ Willfulness ☐ Willingness ☐ Winning ☐ Wisdom ☐ Wittiness ☐ Zeal

Please select 5 more values

PART 3 OF 6

Values That Protected Your Addiction

Step 2 of 5

Identify the opposite characteristics of those 5 core values that you used to protect your addiction.

Describe how your values shifted and what opposite characteristics emerged to protect your addiction...

PART 4 OF 6

Core Values for Recovery

Step 3 of 5

Identify 5 Core Values that you feel are important to your recovery.

Search values...

☐ Accountability ☐ Achievement ☐ Adaptability ☐ Adventure ☐ Altruism ☐ Ambition ☐ Authenticity
☐ Balance ☐ Beauty ☐ Belonging ☐ Bold ☐ Brave ☐ Calm ☐ Career ☐ Caring ☐ Clarity ☐
☐ Comfortable ☐ Commitment ☐ Community ☐ Compassion ☐ Competence ☐ Confidence ☐
☐ Connection ☐ Contentment ☐ Contribution ☐ Conviction ☐ Cooperation ☐ Courage ☐ Creativity ☐
☐ Curiosity ☐ Dignity ☐ Diligence ☐ Drive ☐ Efficiency ☐ Empathetic ☐ Empowered ☐ Equality ☐
☐ Ethical ☐ Excellence ☐ Exuberant ☐ Fair ☐ Faith ☐ Family ☐ Fearless ☐ Flexibility ☐ Focused ☐
☐ Forgiveness ☐ Frankness ☐ Freedom ☐ Friendship ☐ Fun ☐ Funny ☐ Generosity ☐ Giving Back ☐
☐ Grace ☐ Grandiose ☐ Gratitude ☐ Growth ☐ Harmony ☐ Harmony ☐ Health ☐ Healthy ☐ Home ☐
☐ Honest ☐ Honor ☐ Hope ☐ Hopeful ☐ Humility ☐ Humor ☐ Inclusive ☐ Independent ☐ Initiative ☐
☐ Integrity ☐ Intuition ☐ Joyous ☐ Judiciousness ☐ Justice ☐ Kindness ☐ Knowledge ☐ Leadership ☐
☐ Leisure ☐ Liberty ☐ Liveliness ☐ Love ☐ Loyalty ☐ Mature ☐ Mindful ☐ Modest ☐ Nurturing ☐
☐ Obedient ☐ Open-minded ☐ Openness ☐ Optimistic ☐ Order ☐ Organized ☐ Original ☐ Passionate ☐
☐ Passive ☐ Patience ☐ Peaceful ☐ Perseverance ☐ Persistent ☐ Personality ☐ Persuasive ☐ Playful ☐
☐ Powerful ☐ Practical ☐ Pride ☐ Proactive ☐ Punctual ☐ Realistic ☐ Reasonable ☐ Reflective ☐
☐ Reliable ☐ Reliable ☐ Resilient ☐ Resourceful ☐ Respectable ☐ Responsible ☐ Risk Taker ☐ Secure
☐ Self-disciplined ☐ Self-expressive ☐ Self-reliant ☐ Self-respect ☐ Selfless ☐ Sensitive ☐ Serenity
☐ Service ☐ Sharing ☐ Simple ☐ Simplicity ☐ Sincere ☐ Skillful ☐ Spiritual ☐ Spontaneous ☐ Stable
☐ Stewardship ☐ Strong ☐ Structured ☐ Successful ☐ Team Player ☐ Thankful ☐ Thorough ☐
☐ Thoughtful ☐ Timely ☐ Traditional ☐ Tranquil ☐ Trustworthy ☐ Truthful ☐ Understanding ☐
☐ Unflappable ☐ Unity ☐ Useful ☐ Valor ☐ Vigor ☐ Virtuous ☐ Vision ☐ Visionary ☐ Vulnerability ☐
☐ Willfulness ☐ Willingness ☐ Winning ☐ Wisdom ☐ Wittiness ☐ Zeal

Please select 5 more values

PART 5 OF 6

Realigning with Your Values

Step 4 of 5

Identify 5 ways that you feel that you can realign with your core values.

List 5 specific ways you can realign with your core values in recovery...

PART 6 OF 6

Spiritual Values

Step 5 of 5

Identify 5 spiritual values that are important to you.

Search values...

☐ Accountability ☐ Achievement ☐ Adaptability ☐ Adventure ☐ Altruism ☐ Ambition ☐ Authenticity
☐ Balance ☐ Beauty ☐ Belonging ☐ Bold ☐ Brave ☐ Calm ☐ Career ☐ Caring ☐ Clarity ☐
☐ Comfortable ☐ Commitment ☐ Community ☐ Compassion ☐ Competence ☐ Confidence ☐
☐ Connection ☐ Contentment ☐ Contribution ☐ Conviction ☐ Cooperation ☐ Courage ☐ Creativity ☐
☐ Curiosity ☐ Dignity ☐ Diligence ☐ Drive ☐ Efficiency ☐ Empathetic ☐ Empowered ☐ Equality ☐
☐ Ethical ☐ Excellence ☐ Exuberant ☐ Fair ☐ Faith ☐ Family ☐ Fearless ☐ Flexibility ☐ Focused ☐
☐ Forgiveness ☐ Frankness ☐ Freedom ☐ Friendship ☐ Fun ☐ Funny ☐ Generosity ☐ Giving Back ☐
☐ Grace ☐ Grandiose ☐ Gratitude ☐ Growth ☐ Harmony ☐ Harmony ☐ Health ☐ Healthy ☐ Home ☐
☐ Honest ☐ Honor ☐ Hope ☐ Hopeful ☐ Humility ☐ Humor ☐ Inclusive ☐ Independent ☐ Initiative ☐
☐ Integrity ☐ Intuition ☐ Joyous ☐ Judiciousness ☐ Justice ☐ Kindness ☐ Knowledge ☐ Leadership ☐
☐ Leisure ☐ Liberty ☐ Liveliness ☐ Love ☐ Loyalty ☐ Mature ☐ Mindful ☐ Modest ☐ Nurturing ☐
☐ Obedient ☐ Open-minded ☐ Openness ☐ Optimistic ☐ Order ☐ Organized ☐ Original ☐ Passionate ☐
☐ Passive ☐ Patience ☐ Peaceful ☐ Perseverance ☐ Persistent ☐ Personality ☐ Persuasive ☐ Playful ☐
☐ Powerful ☐ Practical ☐ Pride ☐ Proactive ☐ Punctual ☐ Realistic ☐ Reasonable ☐ Reflective ☐
☐ Reliable ☐ Reliable ☐ Resilient ☐ Resourceful ☐ Respectable ☐ Responsible ☐ Risk Taker ☐ Secure ☐
☐ Self-disciplined ☐ Self-expressive ☐ Self-reliant ☐ Self-respect ☐ Selfless ☐ Sensitive ☐ Serenity ☐
☐ Service ☐ Sharing ☐ Simple ☐ Simplicity ☐ Sincere ☐ Skillful ☐ Spiritual ☐ Spontaneous ☐ Stable ☐
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☐ Unflappable ☐ Unity ☐ Useful ☐ Valor ☐ Vigor ☐ Virtuous ☐ Vision ☐ Visionary ☐ Vulnerability ☐
☐ Willfulness ☐ Willingness ☐ Winning ☐ Wisdom ☐ Wittiness ☐ Zeal

Please select 5 more values

Additional Notes (Optional)

Any additional reflections about your core values journey...