

Considering My Values

Instructions:

Write the five or six values that are the very most important to you below, and to the right make a note of how your substance use might have interfered with your 'living' that value.

Value

Substance Use Interference

1.

2.

3.

4.

5.

6.

What changes would you like to make in your life to live more consistently with one or more of your personal values?