

DBT Values Clarification

Values Checklist

Importance
Rating



Family



1-5 ▾



Career



1-5 ▾



Health



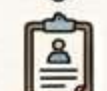
1-5 ▾



Creativity



1-5 ▾



Honesty



1-5 ▾



Kindness



1-5 ▾



Community



1-5 ▾

Priority Rating



Priority Rating

Priority List

1.	
2.	
3.	
4.	
5.	

Action Planning

Core Value	Action Step	Potential Barrier	Solution

