

Personal Values Inventory

This form can be used as a basis for discussion between a Dom and a sub. Working through the Personal Values Inventory allows the parties to examine the personal values that impact their decision making and satisfaction with their relationship choices. It will help the parties to gain better insight into the values that shape their personal choices and the potential disconnects if those values are not shared or reinforced in the relationship and/or training environment.

Personal Values Inventory

Directions: Rank each value in terms of its importance to you.

Value	Definition	Importance to You		
		High	Med.	Low
Accomplishment	Making things happen, getting results, mastery			
Challenge	Risk taking, willingness to test the unknown			
Collaboration	Working together, building on ideas with others			
Ingenuity	Seeing unlimited options, coming up with novel ideas, trusting intuition			
Craftsmanship	Deep pleasure in the process, precision and completion of the final product			
Dependability	Being a reliable source of stability and comfort			
Education	Quest for knowledge			
Celebrity	Limelight, fame, reputation			
Harmony	Working and living without conflict			
Health	Physical well-being			
Honesty	Sincerity, openness, authenticity			
Idealism	Striving for things to be better than they are, aiming for perfection			
Identity	Sense of self deriving from culture, traditions, rituals, symbols			
Independence	Autonomy, doing it your own way, freedom			
Inner Balance	Among body, mind, spirit, and emotions			
Integrity/Ethics	Sense of believing in and doing "the right thing"			
Life Balance	Self, family, community, society, career			
Love	Deep intimate attachment to another			
Personal Growth	Self-awareness, growing beyond boundaries, unleashing untapped potential			
Enjoyment	Fun, pleasure, feeling good			
Control	Ability to make choices, influence others, exercise power and authority for life			
Pragmatism	Realism, world view based on facts and what will work in a given situation			
Promotion	Advancement, external evidence of progress			
Recognition	Acknowledgment by others			
Responsibility	Accountability and ownership for things within your control			
Security	Geographical, financial, emotional			
Spirituality	Belief in a higher being, connection to the universe			
Spontaneity	Ability to live fully in the moment, being a free spirit			
Tenacity	Persistence in the face of obstacles			
Fortune	Accumulation of money, being wealthy			