

Self-Identity and Values

In a clinical setting, there are many elicitation techniques that are useful for a client to arrive at key components of how they identify themselves. Use of questionnaires and conversation around VITALS

VITALS is an acronym for six building blocks of Self. The letters stand for Values, Interests, Temperament, Around-the-clock, Life mission and goals, Strengths and skills.

Values - are self explanatory, Interests - are what concerns you or what you feel most curious about over a sustained length of time, Temperament - is your inborn preference, Around-the-clock - this refers to your bio-rhythm preferences such as, are you a late riser, early sleeper etc, Life-mission and goals - the most meaningful events, Strengths and skills - this includes character strengths and skill based strengths) are both very common and useful tools.

Of all these individual blocks that form your identity, identifying what your values are, is the key first step. "When your values are clear to you, making decisions becomes easier" said Roy Disney, the brother of Walt Disney. Science is also clear about paying attention or even just thinking about what your values may be, is useful in motivating yourself towards taking healthy action. Here is a small subset of values to get you started.

Achievement	Environment	Mastery
Advancement	Equality	Mellowed/maturity
Admiration	Faith	Modesty
Affluence	Family	Money
Ambition	Freedom	Neatness
Appearance	Flamboyance	Nonconformity
Artistic expression	Fame	Peace
Authenticity	Friendship	Philanthropy
Authority	Goodness	Pleasure
Autonomy	Grace	Respect
Beauty	Gratitude	Rebellion
Belonging	Health	Religion
Belief in others	Honesty	Riches
Brotherhood	Humility	Satisfaction
Caring	Humour	Sincerity
Committment	Individualism	Service
Creativity	Industriousness	Social
Charity	Influential	Spiritual
Culture	Intellectual	Success
Discipline	Interpersonal	Team
Docility	Integrity	Trust
Decisiveness	Joy	Truth
Dominance	Justice	Tenacity
Duty	Laughter	Tradition
Driven	Leadership	Wealth
Energy	Love	Well being
Enterprise	Loyalty	Welfare
Entrepreneurship		

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