

Value Clarification Resource: Physical Therapist – Client Handout

This activity helps the client identify what s/he values most by reflecting on common values and then selecting through a card sort activity what is of most personal value.

Value sort instructions listed here are also available at:

<https://motivationalinterviewing.org/sites/default/files/valuesinstructions.pdf> public domain. Accessed March 28, 2020.

Personal Values Card Instructions:

1. Place five anchor cards in order from 1-5 in front of the participant (Least important should be on the left; Most important on the right).
2. Shuffle the 50 value cards; keep the 2 blank cards separate.
3. Instruct the participant to sort the cards using the following script:
 - a. “I placed five title cards in front of you—Least important, not very important, neither important nor unimportant, somewhat important, and most important. I’m going to give you a stack of 50 cards. Each card describes something that may represent a personal value for you. I would like you to look at each card and place each card under one of the five title cards. There are also two blank cards. If there is a value you would like to include, write it on the card and put it in whichever pile you would like. I would like you to sort all 50 cards, but whether you use the two additional cards is optional. The only rule is that you can have no more than 10 cards under the Most Important stack. After you are finished with this part, I will ask you to do one other small task. Do you have any questions?”
4. When participant indicates s/he is finished with the sorting, look at the Most Important deck to make sure there are no more than 10 cards under this deck.
5. Read the following:
 - a. “For the second task, I’d like you to focus on the top values you chose and sort them from 1 to n (total number participant has in the most important pile—no more than 10) using the ranking sheet. In this spot (point to #1) you will put the card that is your top value. Then you will put your second top value here (point to #2). Do you have any questions?”
6. When participant indicates s/he is finished rank ordering the most important pile, check to make sure you understand how the cards were sorted (ascending or descending).
 - a. Point to the #1 spot and say, “I just want to make sure I have this right--Is this your number one value”.
 - b. Record values on scoring sheet using either card number or value name. Indicate which stack each value was put under and for stack #5 (most important), indicate rank order. 1= number one value.

Personal value card sort full document available through public domain at:

http://www.motivationalinterviewing.org/sites/default/files/valuescardsort_0.pdf. Accessed March 28, 2020.

<p>PERSONAL VALUES Card Sort W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne University of New Mexico, 2001</p>	<p>IMPORTANT TO ME</p>
<p>VERY IMPORTANT TO ME</p>	<p>NOT IMPORTANT TO ME</p>
<p>ACCEPTANCE to be accepted as I am 1 9/01</p>	<p>ACCURACY to be accurate in my opinions and beliefs 2 9/01</p>
<p>ACHIEVEMENT to have important accomplishments 3 9/01</p>	<p>ADVENTURE to have new and exciting experiences 4 9/01</p>
<p>ATTRACTIVENESS to be physically attractive 5 9/01</p>	<p>AUTHORITY to be in charge of and responsible for others 6 9/01</p>