

Values Card Sort

Intimate Relationships 101

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Boldness Being willing to undertake things that involve risk or danger	Autonomy To be self-determined and independent
Courage Acting with courage	Security Maintaining the safety and security of myself and my loved ones
Authority Having authority & being in charge of others	Loyalty Being loyal to friends, family, and/or my group
Competence Being competent & effective in what I do	Love Having relationships involving tenderness, love, and affection
Creation Building, designing, and/or repairing things	Community Being a part of and contributing to a group
Peace To work to promote peace in the world	Self-Control To be disciplined in my own actions
Contribution Having a sense of accomplishment and to make a lasting contribution in the world	Piety Acting consistently with my religious faith and beliefs

<p style="text-align: center;">Problem Solving</p> <p style="text-align: center;">Figuring things out, solving problems</p>	<p style="text-align: center;">Competition</p> <p style="text-align: center;">Competing with others</p>
<p style="text-align: center;">Helpfulness</p> <p style="text-align: center;">To be helpful to others</p>	<p style="text-align: center;">Justice</p> <p style="text-align: center;">To promote fair & equal treatment for all</p>
<p style="text-align: center;">Connection</p> <p style="text-align: center;">To have close, supportive relationships with others</p>	<p style="text-align: center;">Humor</p> <p style="text-align: center;">To see the humorous side of myself and the world</p>
<p style="text-align: center;">Responsibility</p> <p style="text-align: center;">To make and carry out responsible decisions and meeting my obligations</p>	<p style="text-align: center;">Intimacy</p> <p style="text-align: center;">To share my innermost experiences with others; to fully know and be known by others close to me</p>
<p style="text-align: center;">Romance</p> <p style="text-align: center;">To have intense, exciting love in my life</p>	<p style="text-align: center;">Respect</p> <p style="text-align: center;">Being respectful to others</p>
<p style="text-align: center;">Commitment</p> <p style="text-align: center;">To make enduring, meaningful commitments</p>	<p style="text-align: center;">Fun</p> <p style="text-align: center;">To play and have fun</p>
<p style="text-align: center;">Leisure</p> <p style="text-align: center;">To take time to relax and enjoy</p>	<p style="text-align: center;">Generosity</p> <p style="text-align: center;">To give what I have to others</p>
<p style="text-align: center;">Compassion</p> <p style="text-align: center;">To feel and act on concern for others</p>	<p style="text-align: center;">Knowledge</p> <p style="text-align: center;">To learn and contribute valuable knowledge</p>
<p style="text-align: center;">Simplicity</p> <p style="text-align: center;">To live life simply, with minimal needs</p>	<p style="text-align: center;">Non-Conformity</p> <p style="text-align: center;">To question and challenge authority and norms</p>

<p style="text-align: center;">Genuineness</p> <p>To act in a manner true to who I am</p>	<p style="text-align: center;">Curiosity</p> <p>To be curious and discover new things</p>
<p style="text-align: center;">Passion</p> <p>To have deep feelings about ideas, activities, and people</p>	<p style="text-align: center;">Beauty</p> <p>To create and/or appreciate beauty around me</p>
<p style="text-align: center;">Spirituality</p> <p>To grow and mature spiritually</p>	<p style="text-align: center;">Tradition</p> <p>To follow respected patterns of the past</p>
<p style="text-align: center;">Rationality</p> <p>To be guided by reason and logic</p>	<p style="text-align: center;">Growth</p> <p>To keep changing and growing</p>
<p style="text-align: center;">Ecology</p> <p>To live in harmony with the environment</p>	<p style="text-align: center;">Health</p> <p>To be physically well and healthy</p>
<p style="text-align: center;">Openness</p> <p>To be open to new experiences, ideas, options</p>	<p style="text-align: center;">Creativity</p> <p>To have new and original ideas</p>
<p style="text-align: center;">Adventure</p> <p>To have new and exciting experiences</p>	<p style="text-align: center;">Dependability</p> <p>To be reliable and trustworthy</p>
<p style="text-align: center;">Honesty</p> <p>To be honest and truthful</p>	<p style="text-align: center;">Virtue</p> <p>To live a morally pure and excellent life</p>
<p style="text-align: center;">Hard work</p> <p>To work hard and well at my life tasks</p>	<p style="text-align: center;">Challenge</p> <p>To take on difficult tasks and problems</p>

This value is very important to me	This value is important to me
This value is less important to me	

Directions:

- Sort these cards into three piles (very important to me, important to me, less important to me) according to what you value most in an intimate partnership. You're sorting *relationship values*, not values in yourself or in your partner.
- You can put 10 values in the "very important" pile.
- Now, take the cards you put in the "very important" pile and sort those from most to least important.
- Write down your 1-10 ranking.
- Reflect on the following questions.
 - How did you feel as you were completing this activity?
 - What do you notice about your findings? Is anything surprising to you about your findings?
 - Which people, experiences, or cultural identities most inform/influence your values?
 - How do you assess/evaluate the degree to which your intimate relationship aligns with these values?
 - How do you know when your behavior or your relational choices are not aligned with your most important values? In other words, what are your cues that you're "out of alignment"? Think about bodily sensations, emotions, and behaviors.
 - How might remembering your most important values be helpful to you going forward?
- If you are in an intimate relationship, discuss the following with your partner:
 - In what ways are your lists similar?
 - In what ways are your lists different?
 - What surprises you about your partner's list?
 - How might you incorporate each of your values into rituals, practices, and agreements that support your relationship?
- Consider posting these values in a place in your home so that you can reference them in an ongoing way.