

“I’d Prefer to Be”

Complete the following questionnaire items, rank-ordering the items in each group with a “1” indicating highest preference and a “3” indicating the least preference.

1. ___ intelligent
___ wealthy
___ physically attractive
2. ___ a movie star
___ a US senator
___ a successful businessperson
3. ___ blind
___ deaf
___ mute
4. ___ on a date
___ reading a book
___ watching television
5. ___ loved
___ feared
___ respected
6. ___ alone
___ with a group of people
___ with one person
7. ___ brave
___ insightful
___ reliable
8. ___ communicating by phone
___ communicating by internet
___ communicating face to face
9. ___ a parent
___ a God-parent type
___ away from children
10. ___ a social worker
___ an athlete
___ a corporate executive
11. ___ a traitor to a friend
___ a traitor to my country
___ a traitor to myself
12. ___ bisexual
___ heterosexual
___ homosexual
13. ___ the loved
___ the lover
___ the good friend
14. ___ an introvert
___ an extrovert
___ an ambivert
15. ___ a tree
___ a rock
___ a flower
16. ___ a leader
___ a follower
___ a loner
17. ___ a libertarian
___ a socialist
___ capitalist
18. ___ liberal
___ conservative
___ non-political
19. ___ a good businessperson
___ a good friend
___ a good citizen to my country
20. (Ten Years From Now)
___ married
___ single
___ living with someone, but unmarried

Values Clarification Exercise

Read each item below. After reading each item, go back and rank-order responses to each, with a "1" indicating first choice, or strongest value, and "3" for the weakest value.

1. If you were stranded on a deserted island, which would you rather have with you?
 the Bible
 a tell-all novel
 the history of civilization
2. Which of these jobs would you most prefer?
 corporate executive
 director of an inner city project
 coordinator of social action projects for a liberal suburban church
3. Which would you be more concerned about as you grew older?
 lung cancer
 overweight
 declining vision
4. Which would you prefer to give up if you had to?
 economic freedom
 religious freedom
 political freedom
5. Which of these problems do you think is the greatest threat in the near future?
 overpopulation
 global warming
 terrorism
6. During a campus protest where would you most likely be found?
 in the midst of it
 gaping at it from across the street
 in the library minding your own business
7. Which would you rather see a cutback of federal expenditures for?
 military
 education allotments
 foreign aid
8. If you were with your family in a boat that capsized far from shore and there was only one life preserver, would you save your
 father
 mother
 brother/sister

9. Which death would be the most difficult for you to accept?
- father's
 - mother's
 - sister's/brother's
10. Which would you least like your son or daughter to do?
- marry out of necessity
 - remain single
 - do drugs habitually
11. Which is the most beautiful sight to you?
- a sunset
 - a person giving blood
 - newborn baby
12. Which would you most like to take a course in?
- sex education
 - race relations
 - environmental ethics
13. Which would you want to do to end a war?
- join the service
 - send a letter to Washington (to a representative/senator)
 - march on Washington
14. Which of these people would you have the most difficulty introducing to your parents?
- a convicted felon
 - a muslim extremist
 - a white supremacist
15. Which is the worst?
- an atheist
 - a terrorist
 - a traitor to his/her country
16. If your friend had written a lousy book and asked you for your opinion, you would tell him/her
- the whole truth
 - as much as you think he/she can stand
 - what he/she wants to hear

17. Which is the worst?

- to become (or get someone) pregnant (unwed)
- to be dependent on hard drugs
- to date someone from another race

18. Which spouse would bother you the most?

- one who interrupts his/her mate
- one who spends too much money
- one who keeps a messy house

Adapted from:

Rokeach, M. (193). *The Nature of Human Values*. New York: The Free Press.

Below are 18 values, listed in alphabetical order. Your task is to arrange them in order of importance to YOU, as guiding principles in YOUR life. Study the list carefully and pick out the one value that is the most important to you. Rank it "1." Then pick out the value which is the second most important to you, and rank it "2." The value least important to you is ranked "18."

There should be no ties in rankings.

Work slowly and think carefully. If you change your mind, feel free to change your answers. The end result should show how you truly feel. Terminal values meaning what you want overall in life. We strive towards these values.

- _____ A comfortable life (a prosperous life)
- _____ An exciting life (a stimulating, active life)
- _____ A sense of accomplishment (lasting contribution)
- _____ A world at peace (free of war and conflict)
- _____ A world of beauty (beauty of nature and the arts)
- _____ Equality (brotherhood)
- _____ Family security (taking care of loved ones)
- _____ Freedom (independence, free choice)
- _____ Happiness (contentedness)
- _____ Inner harmony (freedom from inner conflict)
- _____ Mature love (sexual and spiritual intimacy)
- _____ National security (protection from attack)
- _____ Pleasure (an enjoyable, leisurely life)
- _____ Salvation (saved, eternal life)
- _____ Self-respect (self-esteem)
- _____ Social recognition (respect, admiration)
- _____ True friendship (close companionship)
- _____ Wisdom (a mature understanding of life)

WHEN YOU HAVE FINISHED, GO TO THE NEXT PAGE

Below is another list of 18 values. Arrange them in order of importance, the same as before. **Again, no ties in rankings. Instrumental values- what we do now in our life. These values help you obtain your terminal values.**

- _____ Ambitious (hard-working, aspiring)
- _____ Broad minded (open-minded)
- _____ Capable (competent, effective)
- _____ Cheerful (lighthearted, joyful)
- _____ Clean (neat, tidy)
- _____ Courageous (standing up for your beliefs)
- _____ Forgiving (willing to pardon others)
- _____ Helpful (working for the welfare of others)
- _____ Honest (sincere, truthful)
- _____ Imaginative (daring, creative)
- _____ Independent (self-reliant, self-sufficient)
- _____ Intellectual (intelligent, reflective)
- _____ Logical (consistent, rational)
- _____ Loving (affectionate, tender)
- _____ Obedient (dutiful, respectful)
- _____ Polite (courteous, well-mannered)
- _____ Responsible (dependable, reliable)
- _____ Self-controlled (restrained, self-disciplined)