



Westside Adult Resilience Curriculum (ARC) for Educators

Module 3: Clarifying, Aligning with, and Committing to One's Values

Resources

Values Clarification

Learn more about exploring and clarifying your values

Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The bull's-eye values survey: A psychometric evaluation. *Cognitive and Behavioral Practice*, 19(4), 518-526. ([Access article here](#))

TEDxCSU. (2013, March 14). *What makes life meaningful* [Video]. YouTube. <https://youtu.be/RLFVoEF2RI0>

Committing to Values

Review the research on values-based interventions

Chase, J. A., Houmanfar, R., Hayes, S. C., Ward, T. A., Vilardaga, J. P., & Follette, V. (2013). Values are not just goals: Online ACT-based values training adds to goal setting in improving undergraduate college student performance. *Journal of Contextual Behavioral Science*, 2(3-4), 79-84. ([Access article here](#))

Rahal, G. M., & Gon, M. C. C. (2020). A systematic review of values interventions in acceptance and commitment therapy. *International Journal of Psychology and Psychological Therapy*, 20(3), 355-372. ([Access article here](#))

Activities

Use these resources to clarify values and measure values-based action

Values Card Sort

Contextual Consulting (n.d.). *Values cards (adapted from Russ Harris, 2010)*. Retrieved from <https://contextualconsulting.co.uk/values>

Harris, R. (2014). *Values cards instructions*. ([Access instructions here](#))

Values Worksheets

Harris, R. (2010). *The confidence gap*. Trumpeter. ([Access worksheets here](#))

Valued Living Questionnaire

Wilson, K. G. & Groom, J. (2002). The Valued Living Questionnaire. ([Access questionnaire here](#))

Wilson, K. G., Sandoz, E. K., Kitchens, J., & Roberts, M. (2010). The Valued Living Questionnaire: Defining and measuring valued action within a behavioral framework. *The Psychological Record*, 60(2), 249-272. ([Access article here](#))