

Understanding the

Core Values Inventory

You have just completed the *Core Values Inventory*, which is designed to assist you in examining your life in the context of spiritual values. Your responses to the *Inventory* will be used by your Counselor to determine areas of your life which are already strong contributors to your feelings of Hope, as well as identifying areas where additional work may cause your experience of life to be more positive. The *Inventory* is divided into four areas that have been found to affect a person's experience of spiritual well being. These areas are summarized here so that you can begin already to consider how you feel about these aspects of your life—even before you discuss your responses with your Counselor.

Area One: Vocation

Area One looks at your experience of relationship with your Higher Power. It has been found that certain beliefs about this relationship contribute to a sense of well being, while other beliefs tend to make persons feel discouraged and hopeless. While your Counselor will not try to change your mind about what you believe, she or he may suggest to you other ways to think about questions of faith or books to read to get a different perspective. The final decisions, of course, are up to you.

Area Two: Dysphoria

Area Two examines your experience of unhappiness and dissatisfaction, or dysphoria. The statements in this section invite you to examine your awareness of negative emotions that seem to come from “nowhere,” and to consider how much you worry about things in the future. In addition, you look at how much you feel guilty about things in the past, and consider how “needy” you feel with respect to important persons in your life.

Area Three: Community

Area Three takes a look at your interpersonal relationships. Do you see yourself as a person with many friends and with meaningful, enduring relationships, or do you feel pretty isolated? Are your friendships mutual relationships, or do you seem to have to carry what seems to be more than your share of the effort to keep things going?

Area Four: Hope

Area Four, the final section of the *Inventory*, looks at some focused dimensions of hope. An important aspect of Hope is the sense that who I am, what I think, what I feel, and what I do affects my environment—especially the people who are important to me. This area of the *Inventory* also asks about whether you feel able to change your life for the better, and about the extent to which you are able to celebrate life as a gift.

This quick survey of the *Inventory* gives you an idea of the things you and your Counselor may discuss together soon. Perhaps some things have occurred to you that you would like to talk about further. You have taken some significant steps toward becoming a more Hope-full person already: you have taken the initiative to ask your Counselor to work with you in discovering more about yourself; you have given thoughtful responses to the statements in the *Inventory*, and now you have taken the time to review this handout. All of these actions indicate a willingness to grow!