

 Values Assessment 8-10 min. Client Yes

The Valued Living Questionnaire

The Valued Living Questionnaire (VLQ; Wilson, Sandoz, Kitchens, & Roberts, 2010) assesses the importance and consistency of life areas that are valued by the client.

Goal

The goal of this questionnaire is to assess the extent to which clients live in line with a predefined selection of 10 areas of life.



Advice

Although originally designed for use within Acceptance and Commitment Therapy, the VLQ is a valuable tool for any kind of intervention that aims to increase valued living. The scale is very useful for measuring progress in terms of valued living. If a client successfully increases his/her commitment to values, the discrepancy scores between the two questionnaires will reduce over time.



Scoring

Items on the VLQ-v1 are scored a scale from 1 to 10, indicating the level of importance and how consistently they have lived in accord with those values in the past week. The composite score is the sum of the 10 areas for both the importance and consistency scores. Individual items are also considered separately.



Suggested Readings

Wilson, K. G., & Murrell, A. R. (2004). Values work in acceptance and commitment therapy: Setting a course for behavioral treatment. In S. C. Hayes, V. M. Follette, & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 120–151). New York, NY: Guilford Press.

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, 249–272.

Tool Description

Instructions

Below are areas of life that are valued by some people. For this questionnaire, please focus on your quality of life in each of these areas. One aspect of quality of life involves the importance one puts on different areas of living. Rate the importance of each area on a scale of 1 to 10, where 1 means that area is not at all important and 10 means that area is very important. Not everyone will value all of these areas, or value all areas the same. Rate each area according to how important that area is for you.

	<i>Not at all important</i>					<i>Extremely important</i>				
Family (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10
Marriage/couples/intimate relations	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Friends/social life	1	2	3	4	5	6	7	8	9	10
Work	1	2	3	4	5	6	7	8	9	10
Education/training	1	2	3	4	5	6	7	8	9	10
Recreation/fun	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Citizenship/community	1	2	3	4	5	6	7	8	9	10
Physical self-care (diet, exercise, sleep)	1	2	3	4	5	6	7	8	9	10

In this section, please rate how consistent you feel your actions have been with each of your values. We are not asking about your ideal in each area. We are also not asking what others think of you. Everyone does better in some areas than others. People also do better at some times than at others. We want to know how you think you have been doing *during the past week*. Rate each area on a scale of 1 to 10, where 1 means that your actions have been completely inconsistent with your value and 10 means that your actions have been completely consistent with your value.

	<i>My actions have been completely inconsistent with this value</i>					<i>My actions have been completely consistent with this value</i>				
Family (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10
Marriage/couples/intimate relations	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Friends/social life	1	2	3	4	5	6	7	8	9	10
Work	1	2	3	4	5	6	7	8	9	10
Education/training	1	2	3	4	5	6	7	8	9	10
Recreation/fun	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Citizenship/community	1	2	3	4	5	6	7	8	9	10
Physical self-care (diet, exercise, sleep)	1	2	3	4	5	6	7	8	9	10

Reprinted with permission from the instrument authors