



Values Clarification

May 2025



What Are Values?

- Values are who we are. Not who we would like to be, not who we think we should be, but who we are in our lives, right now.
- Another way to put it is that values represent our unique and individual essence, our ultimate and most fulfilling form of expressing and relating.
- Our values serves as a compass pointing out what it means to be true to oneself. When we honour our values on a regular and consistent basis, life is good and fulfilling.
- They are principles, standards or qualities.

What is Are Values?

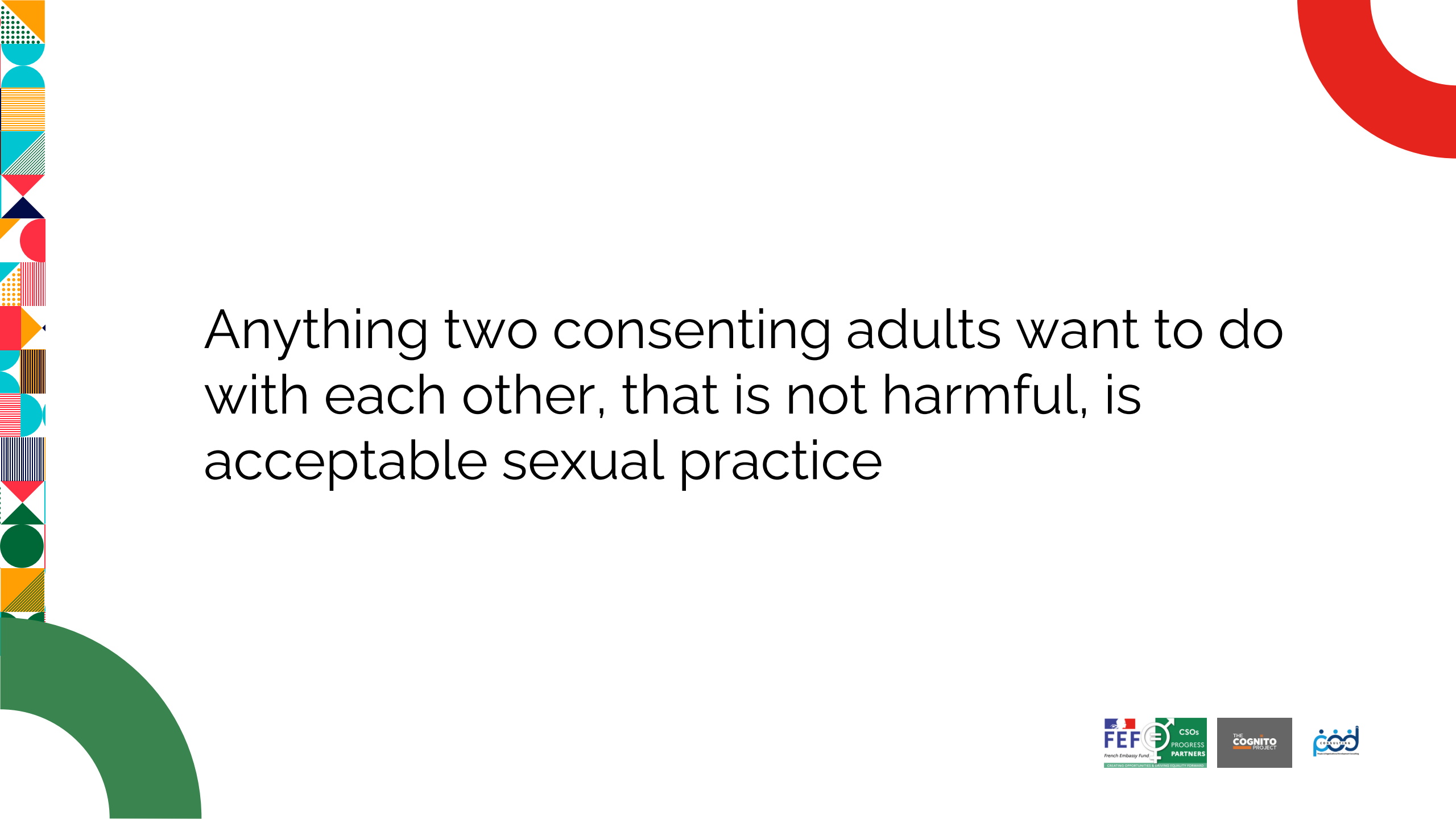
- Sources from which an individual forms his or her values are family, personality trait, peer groups, media, religion and society. Values can be influenced by religion, education, culture, or personal experiences.
- Attitudes are the views or opinions that are formed by values and beliefs.
- Values differ and it is therefore important to have an understanding of the concept of values. Understanding values enables us to relate better with other people.

Values Clarification

- Values clarification refers to the sorting out of personal values from the values of others and those of the larger society. Clarifying our own values enables us to relate appropriately with others.
- It is not right to say values are wrong but rather need to be clarified so it does not get in the way of interactions with our rightsholders' group.

Why Values Clarification?

Values Clarification Exercise



Anything two consenting adults want to do
with each other, that is not harmful, is
acceptable sexual practice

I believe that sexual activity should not
occur before marriage

Polygamy protects women from being
harassed by their husbands for sex

I believe there is no life after death

*Thank
You*