

IDENTITY...  
What do I want out of LIFE?

1. What do I find satisfying or enjoyable? What do I enjoy doing with my leisure time?

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2. What type of people do I enjoy being with —and why?

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3. What kind of image do I want to project to others?

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4. What relationships do I desire to have with relatives, friends, neighbors, and people I meet for the first time?

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5. What area of the country/world do I desire to live in? (climate, neighborhood, etc.) How far from family do I prefer to be?

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6. How do I feel about marriage? Cohabitation (living together)? Do I want to get married? Stay married? Get remarried? Do I want to cohabit before tying the knot? What are the most important characteristics s/he must possess? How do I believe a marriage should be? If currently married/cohabiting, does your partner possess these qualities?

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7. How do I feel about children...?

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8. What kind of career do I desire to have?

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9. What do I hope to be doing 5 years from now?...In 10 years? Do I have reasonable and realistic plans for achieving these goals?

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10. Do I desire to improve the quality of my life, and that of others? In what ways?....

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What is my moral code? What are my values, beliefs?

11. What are my Religious beliefs?

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12. What are my sexual morals? For single persons? For married spouses? People will never agree on one "right" code. Have you developed one for yourself that is right for YOU? –that you're comfortable and consistent with, but doesn't exploit or hurt others?

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13. Is it right to lie? Are there any circumstances when you feel it is okay for you to lie to others?

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Adapted from the Personal Problem Solver C. Zastrow/D. Chang

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Living relatively consistently with your established values is important for self acceptance, self worth, and self respect. Failure to live up to our own moral expectations often results in significant losses in these areas, and even self hatred over a period of time. If you routinely find yourself falling short of your moral guidelines, I recommend you examine both how you might better live in accordance with them by changing certain behaviors, and also examine the guidelines themselves, "Are my expectations for myself realistic?" If they are too rigid, perfectionistic, or strict, you might do yourself a big favor by modifying your morals –with careful contemplation, of course.