

## The 36 Positive Values – DivorceSupport4Men.com

### John Schinnerer, Ph.D.

Discover a fantastic source of strength and resiliency - your core values. Step one. Assign a one to your most important value within each of the 6 groups (so you will have six "1's" on this page). Write a two next to the 2<sup>nd</sup> most important value in each group and so on until you've ranked each of the values. Step two. Take your top two rankings from each group. Out of those top 12 values, pick your 5 most important overall. There are no right or wrong answers. Values vary by individual. Values vary with age.

- 1. Wisdom and Knowledge - entail some aspect of learning, knowing or creating/creativity**
  1. Lifelong learning \_\_\_\_\_
  2. Open-minded/Critical thinker \_\_\_\_\_
  3. Original/Creativity \_\_\_\_\_
  4. Social/Emotional Intelligence \_\_\_\_\_
  5. Wisdom/Perspective-taking \_\_\_\_\_
- 2. Courage - the intentional exercise of will toward the uncertain realization of virtuous ends.**
  6. Ambition \_\_\_\_\_
  7. Bravery and Valorous \_\_\_\_\_
  8. Honesty/High Integrity \_\_\_\_\_
  9. Persevering/ Resiliency \_\_\_\_\_
  10. Creation of wealth/Abundance \_\_\_\_\_
- 3. Love of humanity - positive social and emotional interactions with other people**
  11. Cheerfulness \_\_\_\_\_
  12. Loves others/Friendship \_\_\_\_\_
  13. Self Love/Worth \_\_\_\_\_
  14. Kindness/Generous/Helpful \_\_\_\_\_
  15. Family \_\_\_\_\_
  16. Forgiveness \_\_\_\_\_
  - 16.5. Belonging \_\_\_\_\_
- 4. Justice - how individuals relate to groups such as workgroups, community, country and the world**
  17. Fair and Equitable \_\_\_\_\_
  18. Teamwork/Loyalty \_\_\_\_\_
  19. Good Citizenship \_\_\_\_\_
  20. Service/ Serving Community/Country \_\_\_\_\_
  21. Responsibility \_\_\_\_\_
- 5. Temperance - the "appropriate and moderate expression of your appetites and wants."**
  22. Clean in Body, Thought and Deed \_\_\_\_\_
  23. Assertiveness \_\_\_\_\_
  24. Humility/Modesty \_\_\_\_\_
  25. Self-control \_\_\_\_\_
  26. Physical health \_\_\_\_\_
- 6. Transcendence - "emotional strengths that reach outside and beyond you to connect you to something larger and more permanent: to other people, to the future, to evolution, to the divine, or to the universe."**
  27. Passionate/Enthusiastic \_\_\_\_\_
  28. Hope \_\_\_\_\_
  29. Appreciating beauty \_\_\_\_\_
  30. Spiritual/Purposeful life \_\_\_\_\_
  31. Playful/Sense of Humor \_\_\_\_\_
  32. Gratitude \_\_\_\_\_
  33. Spiritual Growth \_\_\_\_\_
  34. God \_\_\_\_\_
  35. Music/Art/Performing Arts \_\_\_\_\_
  36. Unity \_\_\_\_\_

The goal is to know your top 4-5 values so intimately that you can access them within a matter of milliseconds because you only have milliseconds to make a rational decision based upon your values before your emotional mind takes over in highly emotional situations (e.g., confrontation, seduction, perceived attack, loss, etc.).

## About the Author

Dr. John Schinnerer, an expert in positive psychology, is revolutionizing the way in which people make sense of the mind, behavior and emotion. In December of 2011, he was one of three emotion experts to consult with Pixar on the Academy Award-winning movie, *Inside Out*. Much of his time is spent in private practice teaching clients the latest ways to turn down the volume on negative emotions such as anger, anxiety and stress. His offices are in Danville, California. He graduated from U.C. Berkeley Summa Cum Laude with a Ph.D. in educational psychology. He has been an executive, speaker and coach for over 14 years. He hosted over 200 episodes of Guide To Self Radio, a daily prime time radio show, in the SF Bay Area. He wrote the award-winning book, '[Guide To Self: The Beginner's Guide To Managing Emotion and Thought](#),' which is available at Amazon.com. His blog, *Shrunken Mind*, was recently recognized as one of the top 3 in positive psychology on the web ([drjohnblog.guidetoself.com](http://drjohnblog.guidetoself.com)). His video blog teaches people the latest ways to manage anger using positive psychology. ([WebAngerManagement.com](http://WebAngerManagement.com)). He is currently working on a destination site to teach individuals paths to sustainable happiness via positive psychology and ongoing practice at [HowICanBeHappy.com](http://HowICanBeHappy.com). He also works with divorced men providing individual coaching, group coaching and remote coaching at [DivorceSupport4Men.com](http://DivorceSupport4Men.com).