

Valued Living Questionnaire (VLQ)

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The VLQ is an instrument that taps into 10 valued domains of living. These domains include: 1. Family, 2. Marriage/couples/intimate relations, 3. Parenting, 4. Friendship, 5. Work, 6. Education, 7. Recreation, 8. Spirituality, 9. Citizenship, and 10. Physical self-care.

Scoring: Respondents are asked to rate the 10 areas of life on a scale of 1–10, indicating the level of importance and how consistently they have lived in accord with those values in the past week. For detailed information on scoring the VLQ see Wilson and Murrell (2004).

Reliability: The instrument has shown good test-retest reliability.

Validity: Currently being collected.

Reference:

Wilson, K. G. & Groom, J. (2002). *The Valued Living Questionnaire*. Available from Kelly Wilson.

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.

Valued Living Questionnaire

Below are areas of life that are valued by some people. We are concerned with 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 (by circling a number) on a scale of 1-10. 1 means that area is not at all important. 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 **your own personal sense of importance**.

<u>Area</u>	not at all important										extremely important
1. Family (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10	
2. Marriage/couples/intimate relations	1	2	3	4	5	6	7	8	9	10	
3. Parenting	1	2	3	4	5	6	7	8	9	10	
4. Friends/social life	1	2	3	4	5	6	7	8	9	10	
5. Work	1	2	3	4	5	6	7	8	9	10	
6. Education/training	1	2	3	4	5	6	7	8	9	10	
7. Recreation/fun	1	2	3	4	5	6	7	8	9	10	
8. Spirituality	1	2	3	4	5	6	7	8	9	10	
9. Citizenship/Community Life	1	2	3	4	5	6	7	8	9	10	
10. Physical self care (diet, exercise, sleep)	1	2	3	4	5	6	7	8	9	10	

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Revised date (4 October 2006)

In this section, we would like you to give a rating of how consistent 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 (by circling a number) on a scale of 1-10. 1 means that your actions have been completely inconsistent with your value. 10 means that your actions have been completely consistent with your value.

During the past week

<u>Area</u>	not at all consistent with my value					completely consistent with my value				
1. Family (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10
2. Marriage/couples/intimate relations	1	2	3	4	5	6	7	8	9	10
3. Parenting	1	2	3	4	5	6	7	8	9	10
4. Friends/social life	1	2	3	4	5	6	7	8	9	10
5. Work	1	2	3	4	5	6	7	8	9	10
6. Education/training	1	2	3	4	5	6	7	8	9	10
7. Recreation/fun	1	2	3	4	5	6	7	8	9	10
8. Spirituality	1	2	3	4	5	6	7	8	9	10
9. Citizenship/Community Life	1	2	3	4	5	6	7	8	9	10
10. Physical self care (diet, exercise, sleep)	1	2	3	4	5	6	7	8	9	10