



Contact us at
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Core Values

All of us have values in our life that we live by. For me, my Christian beliefs play a major role in how I live my life. Things like reading my Bible and attending church are directly related to my Christian values. Other important values come from directly from the Biblical principles I embrace. For example, treating others with kindness and love, placing the needs of my family often above my own needs, loving my wife, and so. These are just a few of things that are important to me.

For those who struggle with addiction, their values often become distorted. They may place getting drunk or high above more important things in life, like family, relationships, and maintaining a good job. I recently spoke with a man named Bob who struggled with cocaine addiction but did not want to admit he had a problem. It seemed pretty obvious to everyone but himself. Because of his cocaine use, he naturally had trouble keeping a job. He valued hard-work and getting ahead in life by furthering his career. Unfortunately his drug use did not support one of his "core values."

The purpose of this worksheet is to help people like Bob re-discover what is important in life. By answering the below questions, it may be possible to understand what is important and how drugs and alcohol interfere with those things. Think about your answers intently and be honest with yourself. Remember, you are not doing this for somebody else. These are your values and your answers.

Core Values

I. List the top 5 "core values" in your life:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
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II. Describe how your addiction interferes with those values above:

III. Discuss 3 meaningful things you can do in your life that will support your core values and discourage drug and alcohol use:

1.

2.

3.