

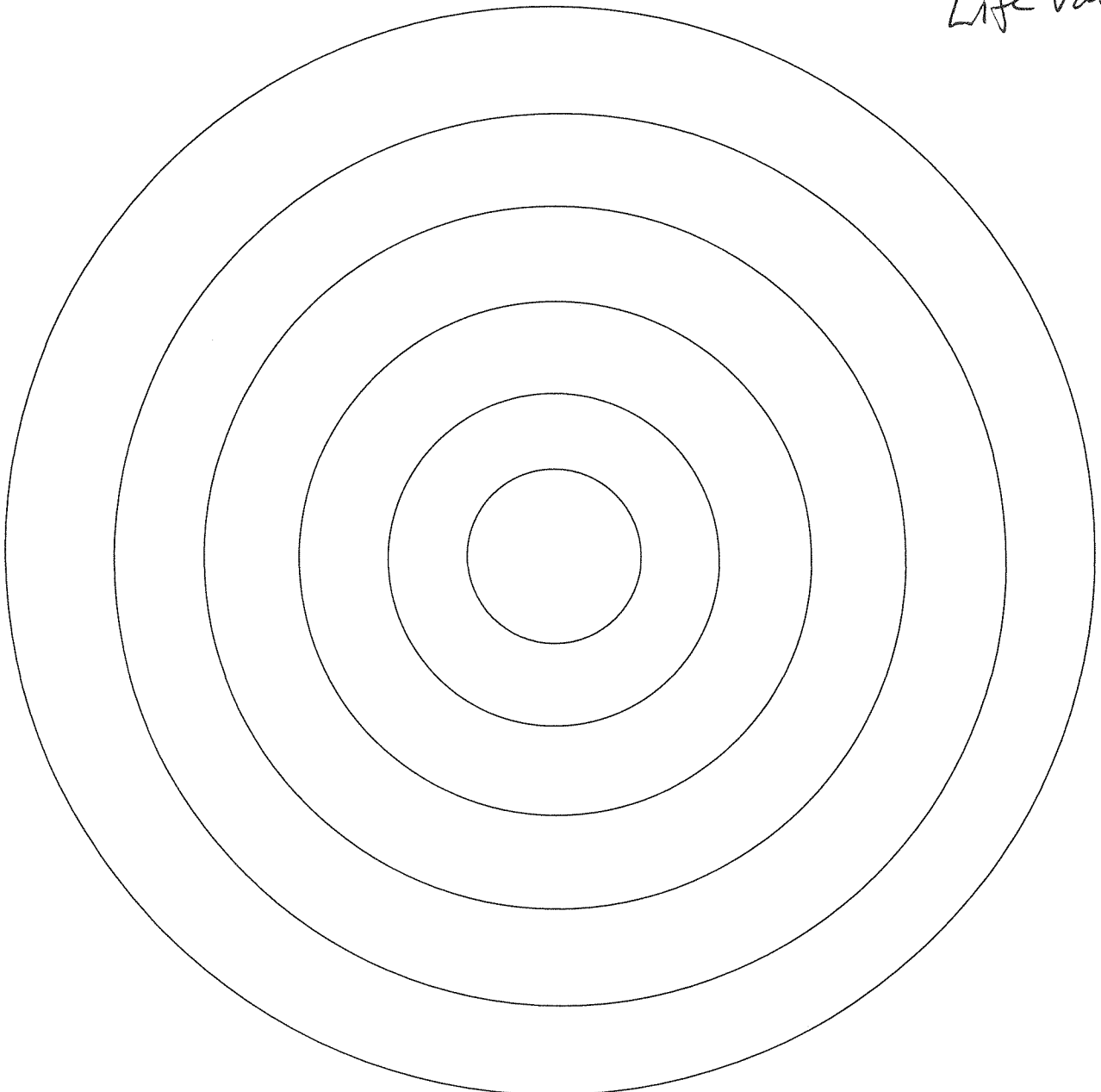
Your Value Onion

This “onion” represents the values or beliefs you hold. The center of the onion represents those values which are core to your being and which have been central in your upbringing. These core values tend to be very solid and difficult to change, e.g., your belief about when life starts. As you move out the layers of the onion, the values become less enduring and more open to change given new information, experiences, etc. Those in the outer layer are the most superficial, e.g., what brand of pizza you like best.

You can use these forms in many ways including the following:

- a) Fill in one onion to represent your values your first year in high school and the other onion to represent your values now in your first year at college. Compare the similarities and differences. For the changes, try to write down the events, information, etc. which led to the change.
- b) Fill out one onion to represent your overall life values today. Fill out the second onion to represent your values regarding relationships (pick one: romantic, family, friend, etc.) and what you value most, e.g. honesty, loyalty, hygiene, etc.

Life Values



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Relationship Values

