



Cultural Identities Worksheet

VALUES & BELIEFS

CULTURAL VALUES & BELIEFS

Ten common cultural values and their definitions are listed below. Please place a checkmark in the box next to each value you identify as being important to you.

Importance of Family²

Valuing close connectedness among family members.

Respect for Authority³

Valuing and showing politeness to those with superior status.

Respect for Elders³

Valuing and showing politeness to those older than oneself.

Importance of Close Relationships

Forming and valuing personal, reciprocal relationships.

Modesty and Humility

Understanding personal strengths and limitations.

Collectivism

Prioritizing the well-being, needs, and shared goals of a group.

Individualism

Valuing personal well-being over group needs and goals.

Acceptance¹

Events are predetermined and happen for a reason.

Spirituality and Religiosity

Belief in a higher power or affiliation with a specific religion.

Conformation to Gender Roles

Fulfillment of expectations associated with respective gender.



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Based on the cultural values selected on the previous page, answer the following questions using the provided lines below. Please answer the questions to the best of your ability and as honestly as possible.

In what ways might the cultural value(s) you identified as important be helpful in achieving mental health wellness?

In what ways might the cultural value(s) you identified as important act as an obstacle in achieving mental health wellness?

Compare the cultural value(s) you selected with your provider. How are these values similar? How are they different?
