

# Cultural Values & Beliefs Worksheet



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 Family<sup>1</sup>**

Valuing close connectedness among family members

## **Respect for Authority<sup>2</sup>**

Valuing and showing politeness to those with superior status

## **Respect for Elders<sup>2</sup>**

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

## **Acceptance<sup>3</sup>**

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



# Cultural Values & Beliefs Worksheet

Based on the cultural values selected on the previous page, answer the following the 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?

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

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

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