**Self-Assessment: What Are Your Dominant Values?**

**The source of this scale is: Shalom H. Schwartz, The Hebrew University of Jerusalem.**

In this questionnaire you are to ask yourself: "What values are important to ME as guiding principles in MY life, and what values are less important to me?" There are two lists of values in this self-assessment. These values come from different cultures. In the parentheses following each value is an explanation that may help you to understand its meaning.

**Instructions:**

Your task is to rate how important each value is for you *as a guiding principle in your life*. Use the rating scale below:

* 0 means the value is not at all important, it is not relevant as a guiding principle for you.
* 3 means the value is important.
* 6 means the value is very important.

The higher the number (0, 1, 2, 3, 4, 5, 6), the more important the value is as a guiding principle in YOUR life.

* -1 is for rating any values opposed to the principles that guide you.
* 7 is for rating a value of supreme importance as a guiding principle in your life; *ordinarily there are no more than two such values*.

For each value, select the number (-1,0,1,2,3,4,5,6,7) that indicates the importance of that value for you, personally. Try to distinguish as much as possible between the values by using all the numbers. You will, of course, need to use numbers more than once.

Before you begin, read the values in List I, choose the one that is most important to you and rate its importance. Next, choose the value that is most opposed to your values and rate it -1. If there is no such value, choose the value least important to you and rate it 0 or 1, according to its importance. Then rate the rest of the values in List I.

**Values List I**

1. EQUALITY (equal opportunity for all)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. INNER HARMONY (at peace with myself)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SOCIAL POWER (control over others, dominance)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. PLEASURE (gratification of desires)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. FREEDOM (freedom of action and thought)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. A SPIRITUAL LIFE (emphasis on spiritual not material matters)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SENSE OF BELONGING (feeling that others care about me)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SOCIAL ORDER (stability of society)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. AN EXCITING LIFE (stimulating experiences)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. MEANING IN LIFE (a purpose in life)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. POLITENESS (courtesy, good manners)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. WEALTH (material possessions, money)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. NATIONAL SECURITY (protection of my nation from enemies)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SELF RESPECT (belief in one’s own worth)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. RECIPROCATION OF FAVOURS (avoidance of indebtedness)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. CREATIVITY (uniqueness, imagination)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. A WORLD AT PEACE (free of war and conflict)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. RESPECT FOR TRADITION (preservation of time-honoured customs)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. MATURE LOVE (deep emotional and spiritual intimacy)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SELF-DISCIPLINE (self-restraint, resistance to temptation)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. PRIVACY (the right to have a private sphere)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. FAMILY SECURITY (safety for loved ones)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SOCIAL RECOGNITION (respect, approval from others)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. UNITY WITH NATURE (fitting into nature)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. A VARIED LIFE (filled with challenge, novelty, and change)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. WISDOM (a mature understanding of life)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. AUTHORITY (the right to lead or command)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. TRUE FRIENDSHIP (close, supportive friends)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. A WORLD OF BEAUTY (beauty of nature and the arts)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SOCIAL JUSTICE (correcting injustice, care for the weak)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

**Values List II**

Now rate how important each of the following values is for you *as a guiding principle in YOUR life*. These values are phrased as ways of acting that may be more or less important for you. Once again, try to distinguish as much as possible between the values by using all the numbers.Before you begin, read the values in List II, choose the one that is most important to you and rate its importance. Next, choose the value that is most opposed to your values, or--if there is no such value--choose the value least important to you, and rate it -1, 0, or 1, according to its importance. Then rate the rest of the values.

1. INDEPENDENT (self-reliant, self-sufficient)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. MODERATE (avoiding extremes of feeling and action)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. LOYAL (faithful to my friends, group)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. AMBITIOUS (hard-working, aspiring)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. BROADMINDED (tolerant of different ideas and beliefs)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. HUMBLE (modest, self-effacing)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. DARING (seeking adventure, risk)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. PROTECTING THE ENVIRONMENT (preserving nature)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. INFLUENTIAL (having an impact on people and events)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. HONOURING OF PARENTS AND ELDERS (showing respect)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. CHOOSING OWN GOALS (selecting own purposes)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. HEALTHY (not being sick physically or mentally)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. CAPABLE (competent, effective, efficient)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. ACCEPTING MY PORTION IN LIFE (submitting to life’s circumstances)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. HONEST (genuine, sincere)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. PRESERVING MY PUBLIC IMAGE (preserving my “face”)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. OBEDIENT (dutiful, meeting obligations)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. INTELLIGENT (logical, thinking)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. HELPFUL (working for the welfare of others)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. ENJOYING LIFE (enjoying food, sex, leisure, etc.)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. DEVOUT (holding to religious faith and belief)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. RESPONSIBLE (dependable, reliable)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. CURIOUS (interested in everything, exploring)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. FORGIVING (willing to pardon others)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SUCCESSFUL (achieving goals)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. CLEAN (neat, tidy)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

1. SELF-INDULGENT (doing pleasant things)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| [ ] -1 | [ ] 0 | [ ] 1 | [ ] 2 | [ ] 3 | [ ] 4 | [ ] 5 | [ ] 6 | [ ] 7 |

**Understanding Your Score on the Schwartz’s Dominant Values Scale**

Values are stable, evaluative beliefs that guide our preferences for outcomes or courses of action in a variety of situations. They are perceptions about what is good or bad, right or wrong. Values influence our choice of goals and the means for achieving those goals. We arrange our personal values into a hierarchy of preferences, called a value system. Each person's unique value system tends to be stable and long lasting because it was developed and reinforced through socialization from parents, religious institutions, friends, personal experiences, and the society in which we live.

This instrument estimates your preferences for a broad range of personal values. These values are grouped into 10 broad domains of values. Scores on each domain potentially range from -1 to +7. However, you are unlikely to have such an extreme score on any domain because the self-assessment asked you to use the extreme responses sparingly. Instead, the results shown here give you an estimate of your value system. They indicate your relative preference across the broad range of values.

**POWER:** Social status and prestige, control or dominance over people and resources

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**ACHIEVEMENT:** Personal success through demonstrating competence according to social standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**HEDONISM:** Pleasure or sensuous gratification for oneself

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**STIMULATION:** Excitement, novelty, and challenge in life

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**SELF-DIRECTION:** Independent thought and action — choosing, creating, exploring

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**UNIVERSALISM:** Understanding, appreciation, tolerance, and protection for the welfare of all people and for

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**BENEVOLENCE:** Preservation and enhancement of the welfare of people with whom one is in frequent personal contact

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**TRADITION:** Respect, commitment, and acceptance of the customs and ideas that traditional culture or religion provide

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**CONFORMITY:** Restraint of actions, inclinations, and impulses likely to upset or harm others and violate social expectations or norms

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**SECURITY:** Safety, harmony, and stability of society, of relationships, and of self

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low importance | Medium importance | High importance |  |
| -1 | -1 to +1 | +2 to +4 | +5 to +7 | 7 |

**Scoring:**

To find where you stand on the “Schwartz’s Dominant Values Scale,” please refer to the following scoring guide:

**(POWER – Values List I: 3, 12, 27 / Values List II: 16)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.3 | 0.5 | 0.8 | 1 | 1.2 | 1.5 | 1.7 | 2 |

**(ACHIEVEMENT – Values List II: 4, 9, 13, 25)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.3 | 0.5 | 0.8 | 1 | 1.2 | 1.5 | 1.7 | 2 |

**(HEDONISM – Values List I: 4 / Values List II: 20, 27)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.4 | 0.7 | 1 | 1.3 | 1.6 | 2 | 2.3 | 2.6 |

**(STIMULATION – Values List I: 9, 25 / Values List II: 7)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.4 | 0.7 | 1 | 1.3 | 1.6 | 2 | 2.3 | 2.6 |

**(SELF-DIRECTION – Values List I: 5, 16 / Values List II: 1, 11, 23)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.2 | 0.4 | 0.6 | 0.8 | 1 | 1.2 | 1.4 | 1.6 |

**(UNIVERSALISM – Values List I: 1, 24, 26, 29, 30 / Values List II: 5, 8)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.2 | 0.3 | 0.5 | 0.6 | 0.8 | 0.9 | 1 | 1.1 |

**(BENEVOLENCE – Values List II: 3, 15, 19, 22, 24)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.2 | 0.4 | 0.6 | 0.8 | 1 | 1.2 | 1.4 | 1.6 |

**(TRADITION – Values List I: 18 / Values List II: 2, 6, 21)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.3 | 0.5 | 0.8 | 1 | 1.2 | 1.5 | 1.7 | 2 |

**(CONFORMITY – Values List I: 11, 20 / Values List II: 10, 17)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.3 | 0.5 | 0.8 | 1 | 1.2 | 1.5 | 1.7 | 2 |

**(SECURITY – Values List I: 8, 13, 15, 22 / Values List II: 26)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 0 | 0.2 | 0.4 | 0.6 | 0.8 | 1 | 1.2 | 1.4 | 1.6 |