

Personal Values Card Sort

1. Place anchor cards (Very Important, Important, Not Important) in front of the participant.
2. Keeping blank cards separate, hand client the value cards.
3. Instruct the participant to sort the cards using the following script: *“I placed three title cards in front of you—Very important, Important, Not important. I’m going to give you a stack of cards. Each card describes something that may represent a personal value for you. I would like you to look at each card and place each card under one of the title cards. There are also two blank cards. If there is a value you would like to include, write it on the card and put it in whichever pile you would like. I would like you to sort all the cards, but whether you use the two additional cards is optional. After you are finished with this part, I will ask you to do two other small tasks. Do you have any questions?”*
4. When participant indicates s/he is finished with the sorting, look at the Most Important deck. If there are more than 10 cards in this deck, ask the client the following: *“For the second task, I would like you to reduce this number of cards to no more than 10 cards.”*
5. Read the following: *“For the final task, I’d like you to focus on the top values you chose and sort them from 1 to n (total number participant has in the most important pile—no more than 10) in rank order. In this spot (point to #1) you will put the card that is your top value. Then you will put your second top value here (point to #2). Do you have any questions?”*
6. When participant indicates s/he is finished rank ordering the most important pile, check to make sure you understand how the cards were sorted (ascending or descending). Point to the #1 spot and say, “I just want to make sure I have this right--Is this your number one value”
7. Record values on a sheet for your client. You may wish to keep a copy of this sheet for your notes as well.
8. You may want to do this task again, at the end of treatment to see if there any changes.