

## VALUES for “Mapping” Values and Goals

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| <p><b>Values (and importance of)</b></p> <p>These questions ask about the things that are important in someone's life.</p>   | <p><i>"Knowing this news, what is most important to you?"</i></p> <p><i>"Thinking about the future, what do you hope for most?"</i></p>   |
| <p><b>Activities</b></p> <p>These questions help prioritize the activities that are most meaningful or that they hope to accomplish.</p>   | <p><i>"What do you enjoy when you are not in the hospital? How can we help you do more of this?"</i></p> <p><i>"What things do you look forward to?"</i></p>  |
| <p><b>Living (ways of)</b></p> <p>It can also be helpful to understand what a person believes would or would not be an acceptable way of living.</p>                               | <p><i>"If time were short, what would you want life to look like?"</i></p> <p><i>"Have you ever considered a way of living that would be unacceptable to you?"</i></p>  |
| <p><b>Uncertainties (Concerns, Worries)</b></p> <p>Probing worries can be another helpful way to understand what is most important.</p>  | <p><i>"When thinking about what we just talked about, what worries or concerns do you have?"</i></p>  |
| <p><b>Experiences (with Illness)</b></p> <p>Sometimes the person has experienced illness in the past, and this shapes how they may want or may not want to experience illness.</p> | <p><i>"Has someone in your life ever been seriously ill before or even died?"</i></p> <p><i>"What was the last hospitalization like for you?"</i></p> <p>Then, follow up with clarifying outcomes (<b>This step is often very important</b>):</p> <p><i>"How might that experience affect what you want your illness to look like?"</i></p> |
| <p><b>Strength (or sources of support)</b></p> <p>Asking about sources of strength or support can also get at values, beliefs, and how patients cope with illness.</p>             | <p><i>"When thinking about this news, what do you anticipate will give you strength?"</i></p> <p><i>"What do you feel can help you through this?"</i></p>   |