



Valuing Questionnaire (VQ)

Instructions:

Please read each statement carefully and then mark the number which best describes how much the statement was true for you DURING THE PAST WEEK, INCLUDING TODAY.

		Not at all true	1	2	3	4	5	Completely True
1	I spent a lot of time thinking about the past or future, rather than being engaged in activities that mattered to me	0	1	2	3	4	5	6
2	I was basically on "auto-pilot" most of the time	0	1	2	3	4	5	6
3	I worked toward my goals even if I didn't feel motivated to	0	1	2	3	4	5	6
4	I was proud about how I lived my life	0	1	2	3	4	5	6
5	I made progress in the areas of my life I care most about	0	1	2	3	4	5	6
6	Difficult thoughts, feelings or memories got in the way of what I really wanted to do	0	1	2	3	4	5	6
7	I continued to get better at being the kind of person I want to be	0	1	2	3	4	5	6
8	When things didn't go according to plan, I gave up easily	0	1	2	3	4	5	6
9	I felt like I had a purpose in life	0	1	2	3	4	5	6
10	It seemed like I was just 'going through the motions', rather than focusing on what was important to me	0	1	2	3	4	5	6

Developer Reference:

Smout, M., Davies, M., Burns, N., & Christie, A. (2014). Development of the valuing questionnaire (VQ). *Journal of Contextual Behavioral Science*, 3(3), 164-172.

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