**Therapist’s Values and World View**

Understanding one’s values and world view is essential to identifying assumptions about the nature of people. A therapist’s unexamined unconscious material can significantly warp and bias the work with clients if left unchecked. Self-awareness is, therefore, a necessary part of the work of an effective therapist. Take time to reflect on your values and perceptions (either through family, cultural, or experiential roots) in the following domains:

1. The essential nature of human motivation (good, primitive, evil, spiritual, etc.)?
2. What is the primary role of the therapist?
3. What is the goal of therapy?
4. What drives you to be a therapist and do the work of psychotherapy?
5. What are the rewards of being a therapist for you?
6. What is your attitude towards your life? What is your purpose?
7. What is the essential purpose of each individual?
8. What is the role of family? And other groups we belong to?
9. What does self-actualization mean? Is it dependent on the wellbeing of one’s close relationships?
10. What is the relative value of power, love, achievement, marriage, family, success, self-mastery, compassion? Which do you value most?