

Human values

Date: _____

I. Match the human values with their definitions.

- | | |
|----------------|--|
| S. Love | 1. () It's a combination of affection, loyalty, love, respect, and trust. It's a state of being friends. It's when someone knows you better than yourself and takes a position in your best interests in a crisis. It goes beyond just sharing time together, and it is long lasting. |
| H. Friendship | 2. () It shows that someone values another as an individual, and honors the personal rights and dignity of the person as a human being. |
| N. Forgiveness | 3. () It provides the avenue to take our lives to wherever we want them to go. It reminds you that you are always capable of learning and growing into who you want to be. |
| U. Respect | 4. () There are people who make us angry and we just can't seem to see eye-to-eye with on an issue. It shows respects, patience and courtesy. |
| E. Truth | 5. () Its purpose is not to absolve someone of the sin(s) committed against you; but to free yourself from the pain and the anger that is keeping you stuck. |
| A. Tolerance | 6. () It's being completely honest in what we say, feel and do with others and ourselves. |
| AA. Patience | 7. () It's a state of being quiet, calm and free from emotional disturbance. It creates a better state of mind for better decision making. |
| V. Honesty | 8. () Able to feel, think, and act in the interest of others, oneself, and the environment. |
| UU. Confidence | 9. () It's a belief that you can succeed at something. It builds by taking action and trying things you find hard, by going outside your comfort zone. |
| L. Caring | 10. () It's more than not lying. It's when someone doesn't do things that are morally wrong. It's about speaking and acting truthfully. |
| M. Vision | 11. () It's more than attraction and fondness or romantic attachment. It is pure, unselfish giving that is unconditional. It means finding someone that brings out the best version of yourself and challenges you to be better. |

What are the most important values for you?

- I. _____
 II. _____
 III. _____

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