

## The Bull's-Eye Values Survey

### Values

Assesment

15-30 min

Client

Yes



### Author

The current tool was developed by Tobias Lundgren. Used with the permission of the author.



### Goal

The goal of the BEVS is to identify and measure personal values, values attainment, and persistence in the face of barriers.



### Advice

- The present assessment tool can be used to assess the current discrepancy between values and actual valued living. However, it can also be used to measure progress in treatment over time. A big advantage of the BEVS over other value assessment tools is the graphical representation of the discrepancy between the values and valued living. This can be very useful when using the tool to track progress over time, as comparing different Bull's Eye dartboards can give a clear and immediate indication of the client's progress.



### References

- Lundgren, T., Luoma, J.B., Dahl, J., Strosahl, K., Melin, L. (2012). The Bull's-Eye Values Survey: A psychometric evaluation. *Cognitive and Behavioral Practice*, 19, 518-526.

# The Bull's-Eye Values Survey

## Instruction

The Bull's Eye dartboard on page 4 is divided into four areas of living that are important in people's lives: work/education, leisure, relationships, and personal growth/health.

1. *Work/Education* refers to your career aims, your values about improving your education and knowledge, and generally feeling of use to those close to you or your community (i.e., volunteering, overseeing your household, etc.).
2. *Leisure* refers to how you play in your life, how you enjoy yourself, your hobbies or other activities that you spend your free time doing (i.e., gardening, sewing, coaching a children's soccer team, fishing, playing sports).
3. *Relationships* refer to intimacy in your life, relationships with your children, your family of origin, your friends, and social contacts in the community.
4. *Personal growth/health* refers to your spiritual life, either in organized religion or personal expressions of spirituality, exercise, nutrition, and health risk factors, like drinking, drug use, smoking, weight.

In this exercise, you will be asked to look more closely at your values in each of these areas and write them out. You will then evaluate how close you are to living your life in keeping with your values. You will also take a closer look at the barriers or obstacles in your life that stand between you and the kind of life you want to live. Don't rush through this; just take your time.

## Part 1: Identify your values

Start by describing your values within each of the four values areas. Think about each area in terms of your dreams, if you had an opportunity to get your wishes completely fulfilled. What are the qualities that you would like to get out of each area, and what are your expectations from these areas of your life? Your value should not be a specific goal; instead, it should reflect a way you would like to live your life over time. For example, getting married might be a goal you have in life, but it just reflects the value of being an affectionate, honest, and loving partner. To accompany your son to a baseball game might be a goal; to be an involved and interested parent might be the value. Note! Write your value for each area on the lines provided on the next page. It is your values that are important in this exercise.



Work/education:

Relationships:

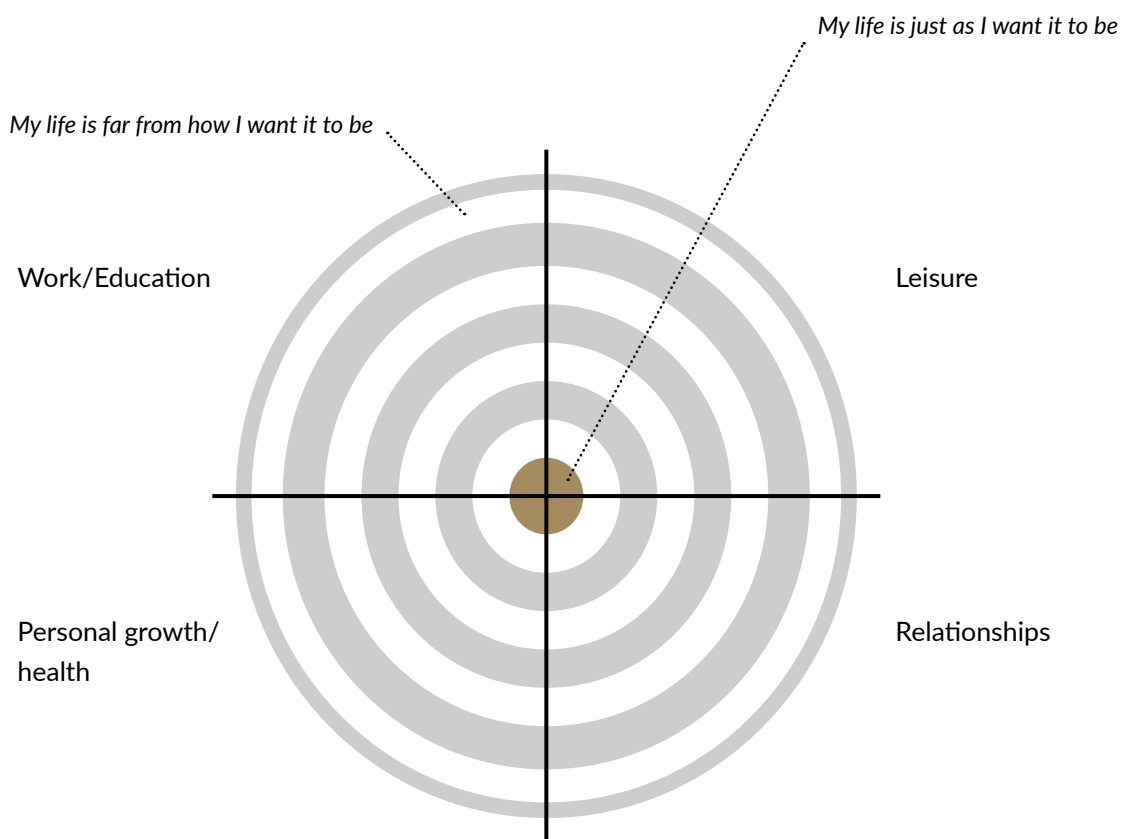
Leisure:

Personal growth/health:



Now, look again at the values you have written above. Think of your value as “bull’s eye” (the middle of the dartboard). “Bull’s eye” is exactly how you want your life to be, a direct hit, where you are living your life in a way that is consistent with your value. Now, make an X on the dartboard in each area that best represents where you stand today. An X in the bull’s eye means that you are living completely in keeping with your value for that area of living. An X far from bull’s eye means that your life is way off the mark in terms of how you are living your life.

Since there are four areas of valued living, you should mark four Xs on the dartboard. Note! Use the dartboard on this page before you go to Part 2 of this exercise.





## Part 2: Identify your obstacles

Now, based on what you have written in your areas of value, write down what stands between you and living your current life the way you want to live it. When you think of the life you want to live and the values that you would like to put in play, what gets in the way of you living that kind of life? Describe any obstacle(s) on the lines below.

Obstacle 1:

Obstacle 2:

Obstacle 3:

Obstacle 4:

Now estimate the extent to which the obstacle (s) you just described can prevent you from living your life in a way that is in keeping with your values. Circle one number below that best describes how powerful this obstacle(s) is in your life.

	Doesn't prevent me at all						Prevents me completely
	1	2	3	4	5	6	7
Obstacle 1							
Obstacle 2							
Obstacle 3							
Obstacle 4							



### Part 3: My valued action plan

Think about actions you can take in your daily life that would tell you that you are zeroing in on the bull's-eye in each important area of your life. These actions could be small steps toward a particular goal, or they could just be actions that reflect what you want to be about as a person. Usually, taking a valued step includes being willing to encounter the obstacle(s) you identified earlier and to take action anyway.

Try to identify at least one value-based action you are willing to take in each of the four areas listed below.

Work/education:

Relationships:

Leisure:



Personal growth/health:

A large, empty rectangular box with a light gray background, intended for users to write their responses to the 'Personal growth/health' prompt.