



## Morals and Values

**Morals:** principles or habits with respect to right or wrong conduct.

**Value:** A principle, standard, or quality considered worthwhile or desirable

### DISCUSSION:

1. People have different morals and values, why?
2. As individuals, where do we get our morals and values from? Where did you personally get your morals and values from?

This next step can be challenging and may require some thought or some guidance from someone else who cares like a friend, family member or a counselor:

Try to identify at least 5 to 10 rules with regard to right and wrong that are based on your personal sense of morals: (For example “Never steal from a friend” or “Don’t ever curse at your mother” “Don’t cheat in relationships” “Try to never turn your back on your family” “Pay back what I owe”)

My Moral Beliefs:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



**Values** - In order to start thinking about some common values, please review the list below. Most or all of these things are important to a large percentage of people in one way or another as they are very commonly valued things and concepts.

Health  
Peace of Mind  
Friendship  
Career  
Respect  
Honesty  
Loyalty  
Family  
Relationships  
Happiness  
Trust  
Your Future  
Your Reputation  
Intelligence  
Parent(s)  
Spouse/Partner  
Job  
Integrity  
Fun  
Hobbies/Recreation  
Beliefs  
Education

Using as many as you need to from this list provided or coming up with your own thoughts and ideas about values, please make a list of 10 things that are important to you, in no specific order: **My Values:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



### **Analysis:**

Now comes the part that requires being honest and open with yourself. Go back through your two lists and circle the number next to any item that you may have compromised even a little bit due to drugs/alcohol and related behaviors or coexisting issues. For example, if on your Moral list you may have said “Do not steal from friends” but in now in retrospect you can remember pinching out of some of your friend’s bags of drugs then you should circle that item. Another example from the Values list would be if you said you value money, but you realize that you would have more money if you did not waste money on drinking or getting high then circle that item. Another example would be if you said you value “freedom” but in reality you have done things to compromise your freedom by getting arrested or in other trouble bringing scrutiny on yourself then circle that item. Perhaps you said you value family but your substance use has hurt your relationships with family members so in that case circle that item. A counselor or other concerned person may need to help you with this, but do the best you can to be honest and identify areas that you have compromised, even if just a small amount.

### **Conclusion:**

Review and discuss the items circled as areas compromised by substance use and related behaviors and issues. This can be an excellent group activity or an activity done with a counselor or other concerned person.

Even if only a few areas are identified it sends a very powerful insight-building message. That message is that *problematic substance use causes people to compromise their morals and values.*