

Valued Living Questionnaire (VLQ)

The VLQ is a self-report questionnaire rooted in ACT, designed to assess the extent to which a person lives in accordance with their values. It explores 10 central life domains, then measures, for each one, its subjective importance and the degree of consistency between these values and the actions actually taken over the past week. In clinical practice, it helps identify gaps between personal priorities and actual behaviors, clarify the focus of therapeutic work, support motivation to change, and track the progress of a values-based intervention. Its brief, concrete format makes it particularly useful in contextual behavioral psychotherapy, clinical assessment, and progress monitoring.

Number of questions	20 questions
Estimated duration	7 minutes
Language	English
Original name	Valued Living Questionnaire
Target audience	Adults
Authors	Kelly G. Wilson, Erika K. Sandoz, Jennifer Kitchens, Mark E. Roberts (2010)
Category	General

Preview of the 20 questions

Family (other than marriage or parenting)

1 - Not at all important | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Extremely important

Marriage/couples/intimate relations

1 - Not at all important | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Extremely important

Parenting

1 - Not at all important | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Extremely important

Friends/social life

1 - Not at all important | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Extremely important

Work

1 - Not at all important	2	3	4	5	6	7	8	9	10 - Extremely important

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

The questionnaire includes 10 domains rated in two steps. For each domain, the person first gives an importance score from 1 to 10, then a behavioral consistency score from 1 to 10 based on their actions over the past week. A total importance score and a total consistency score can be calculated, and above all a composite score, obtained by multiplying importance by consistency for each domain and averaging the 10 products. The higher the composite score, the more the person acts overall in accordance with their values. Marked gaps between high importance and low consistency are clinically useful for targeting areas of suffering, avoidance, or feeling stuck.

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Basile R. - Clinical Psychologist