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so many fake sites. this is the first one which worked! Many thanks

 SMART Recovery®
Self Management and Recovery Training
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The book:

 **Hierarchy of Values Worksheet**
Complete this worksheet to determine what is MOST important to YOU.

Effectively used for which of the 4 points?


Building Motivation	Coping with Urges	Problem Solving	Lifestyle Balance
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A. Take a few minutes or so and write down a list of things that are important to you:

B. From the list above, look through and choose those that you consider to be your "Top Five"... the five things you consider to be the **MOST IMPORTANT** to you (in no particular order):

- 1.
- 2.
- 3.
- 4.
- 5.

Special thanks to SMART Recovery's Founding President Jan Gerslitz, MSW

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