

# My Values

[www.myvalues.org.au/](http://www.myvalues.org.au/)

**For each pair of statements, circle the response that fits best for you**

**A** - I would accept others looking after me if I couldn't look after myself

**B** - I would **not** accept being permanently dependent on others for care if I couldn't look after myself

<b>Strong A</b>	<b>Towards A</b>	<b>Equal A &amp; B</b>	<b>Towards B</b>	<b>Strong B</b>
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**A** - I would accept prolonged physical, emotional or spiritual suffering in order to live longer

**B** - I would accept dying in preference to living longer with physical, emotional or spiritual suffering

<b>Strong A</b>	<b>Towards A</b>	<b>Equal A &amp; B</b>	<b>Towards B</b>	<b>Strong B</b>
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**A** - As long as I have a sound mind I would accept physical limitations

**B** - Being able to be physically active is most important to me

<b>Strong A</b>	<b>Towards A</b>	<b>Equal A &amp; B</b>	<b>Towards B</b>	<b>Strong B</b>
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**A** - As I become frail and incapable, I expect my family members will look after me

**B** - I would **not** want medical treatment to prolong my life if I felt I would become a burden on my family

<b>Strong A</b>	<b>Towards A</b>	<b>Equal A &amp; B</b>	<b>Towards B</b>	<b>Strong B</b>
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**A** - Being alive is the main thing; quality of life is a bonus

**B** - Quality of life is more important than living longer

<b>Strong A</b>	<b>Towards A</b>	<b>Equal A &amp; B</b>	<b>Towards B</b>	<b>Strong B</b>
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**A** - Living in my own home isn't as important as being safe and cared for

**B** - If I could no longer live in my own home, life would not be worth living

<b>Strong A</b>	<b>Towards A</b>	<b>Equal A &amp; B</b>	<b>Towards B</b>	<b>Strong B</b>
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**A** - I can see myself adapting to the loss of things that are currently important to me and making the best of new situations

**B** - If I could no longer do those things that are important to me, then life would not be worth living

<b>Strong A</b>	<b>Towards A</b>	<b>Equal A &amp; B</b>	<b>Towards B</b>	<b>Strong B</b>
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**A** - When difficult medical decisions need to be made I would want everything to be considered – including the doctors' recommendations, the wishes of my family together with my values

**B** - I expect **my** values to be the major consideration when difficult medical decisions need to be made into the future

<b>Strong A</b>	<b>Towards A</b>	<b>Equal A &amp; B</b>	<b>Towards B</b>	<b>Strong B</b>
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Statements are slightly adapted from the MyValues website (copied with permission)  
Complete the full questionnaire at [www.myvalues.org.au/](http://www.myvalues.org.au/)