

# Sincerely-Held Principles Checklist

*Value conflicts go in many directions. It is good to anticipate any of our values and sincerely-held principles that may be in conflict with our clients' treatment goals, objectives and behaviors.*

Treatment goals, objectives and behaviors can be incongruent with the client's own values, with society/laws, and/or with the therapists' personal values. Ego-syntonic designation means the client agrees with and wants affirmation with the issue. Ego-dystonic designation means the client is disturbed by and wants help to change the issue.

Can I bracket my sincerely-held principles that are incongruent with our client's, in order to provide effective treatment to their treatment goals, objectives and/or behaviors?

Client's Treatment Goals, Objectives and Behaviors	Bracketable?			
	Yes	Perhaps Yes	Perhaps No	No
<b>SEXUAL ISSUES</b>				
Child abuse – Illegal, personally ego-dystonic				
Child abuse – Illegal, personally ego-syntonic				
Pedophilia – Illegal, personally ego-dystonic				
Pedophilia – Illegal, personally ego-syntonic				
Sexual Offense – illegal, personally ego-dystonic				
Sexual Offense – illegal, personally ego-syntonic				
Sexual Offense – legal, personally ego-dystonic				
Sexual Offense – legal, personally ego-syntonic				
<b>MARITAL/RELATIONAL ISSUES</b>				
Heterosexual marriage problems – legal, ego-dystonic				
Heterosexual marriage problems – legal, ego-syntonic				
Affairs in heterosexual marriage – legal, ego-dystonic				
Affairs in heterosexual marriage – legal, ego-syntonic				
Heterosexual Cohabitation – legal, ego-dystonic				
Heterosexual Cohabitation – legal, ego-syntonic				
Open Heterosexual marriage – legal, ego-dystonic				
Open Heterosexual marriage – legal, ego-syntonic				
Same-sex marriage problems – legal, ego-dystonic				
Same-sex marriage problems – legal, ego-syntonic				
Affairs in same-sex marriage – legal, ego-dystonic				
Affairs in same-sex marriage – legal, ego-syntonic				
Same-sex cohabitation – legal, ego-dystonic				
Same-sex cohabitation – legal, ego-syntonic				
Open Same-sex marriage – legal, ego-dystonic				
Open Same-sex marriage – legal, ego-syntonic				
<b>MULTICULTURAL/POLITICAL/RACIAL ISSUES</b>				
Homophobic				
Pro-gay				
Transgender issues: ego-syntonic				
Transgender issues: ego-dystonic				
Pro-life				
Pro-choice				
Sexism – Misogynist				

	Yes	Perhaps Yes	Perhaps No	No
<b>Sexism – Anti-male</b>				
<b>Racism -White supremacist</b>				
<b>Racism – Anti-white</b>				
<b>Extremely liberal political alignment</b>				
<b>Extremely conservative political alignment</b>				
<b>Pro-hunting</b>				
<b>Gang membership</b>				
<b>WORLDVIEW/RELIGIOUS ISSUES</b>				
<b>Religiously committed</b>				
<b>Non-religious</b>				
<b>Cults</b>				
<b>Feminism view on gender roles</b>				
<b>Traditional Christian view on gender roles</b>				
<b>Muslim view on gender roles</b>				
<b>Globalism/Elitism</b>				
<b>Nationalism/Populism</b>				
<b>Theistic spirituality/morality</b>				
<b>Naturalistic spirituality/morality</b>				
<b>Naturalism – Atheism</b>				
<b>Naturalism – Agnosticism</b>				
<b>Death with Dignity/Rational Suicide</b>				
<b>Faith tradition-based values on life/death</b>				
<b>PERSONALITY ISSUES</b>				
<b>Personality Disordered - Borderline</b>				
<b>Personality Disordered - Narcissism</b>				
<b>Personality Disordered - Antisocial</b>				
<b>Personality Disordered - Psychopathic</b>				
<b>Personality Disordered – Dependent (needy/helpless)</b>				
<b>BEHAVIORAL ISSUES</b>				
<b>Cruelty to animals</b>				
<b>Undisciplined</b>				
<b>Overweight</b>				
<b>Non-compliant</b>				
<b>Unhealthy</b>				
<b>Unmotivated</b>				
<b>Victim/martyr complex</b>				
<b>Addiction – Alcohol</b>				
<b>Addiction – Gambling</b>				
<b>Addiction - Drugs</b>				
<b>Addiction – Sex</b>				
<b>Addiction – Pornography</b>				
<b>Other:</b>				