

Reflecting on our Values



Complete the following phrases with one or two words.
Answer quickly without analyzing your responses.

My personal feelings about smoking are _____

Smokers are _____

People smoke because _____

Addiction is _____

Nicotine is _____

People become ill because _____

Habits are _____

Poor people are _____

Tobacco manufacturers are _____

A successful quitter is _____

When I think about smoking, I am conflicted because _____

I may not agree with _____, but I can respect _____

My professional responsibilities regarding smoking are _____

I want to explore _____

Think about your responses. What assumptions or beliefs informed your responses? How are your responses influenced by your own personal experience? Do any of your responses surprise you? Would you have written something different if you had taken time to reflect before writing?

Adapted from:

- Biscchi, R., & Radcliffe, S. (1983). *A shared experience: Bridging Cultures*. London, ON: London Cross Cultural Learning Centre.
- Marais, T. (1996). *Abortion values clarification training manual*. Melrose, South Africa: Planned Parenthood Association of South Africa.
- TEACH Project. (2010). *Fundamentals of Tobacco Interventions*. Toronto, ON: Centre for Addiction and Mental Health.