

Personal Factors Inventory

Life Experiences (Past)

Complete the table below according to the following parameters:

- **Influential Experiences.** An early life experience (i.e., one that occurred during childhood or adolescence) that had a large and lasting effect on your life. For example, the death of a parent, a serious illness, or an experience of being bullied. You can also choose a positive experience (e.g., an unforgettable trip to a foreign land) so long as it is clearly linked to a personal value and your decision-making tendencies. Space for four experiences has been provided and *it is expected that you use all four*. You are, however, welcome to add more.
- **Historical Effects.** The ways that this experience affected you at the time (e.g., prominent emotions, cognitions, relational impacts)
- **Present Effects.** The ways that this experience continues to affect your life (e.g., prominent emotions, cognitions, relational impacts)
- **Linked Values.** Personal values that were, and continue to be, influenced by this early life experience. For example, a parental divorce that now fosters values of loyalty, commitment, and tolerance).
- **Decisional Influences.** How your life experience presently influences your ethical reasoning. For example, from the previous example regarding parental divorce, you might believe you are now prone to decisions that are sympathetic to fathers who are raising their children on their own.

In the table on the next page, try to fill out each of the four blue categories with at least three items. You are free to add as many as you like and be as detailed as you like. The textbox will expand accordingly.

Influential Experience	Historical Effects	Present Effects	Linked Value(s)	Decisional Influence

Life Experiences (Present)

Complete the table on the next two pages according to the following parameters:

- **Current Life Situation.** Note your current status for each of the eight categories. For example, for Intimate Relationship you might indicate that you are actively dating, though not currently in a serious relationship; or for occupation you might indicate that you are a new employee on a short-term contract at a non-profit counselling agency.
- **Positive Attributes.** Attributes associated with the noted status that you ascribe positive qualities to (e.g., safety, security, freedom, fulfillment)
- **Negative Attributes.** Attributes associated with the noted status that you ascribe negative characteristics to (e.g., worry, hardship, envy, loneliness)
- **Linked Value.** Personal values that are associated with your noted status
- **Decisional Influence.** How your current life situation influences your ethical reasoning

Current Life Situation	Positive Attributes	Negative Attributes	Linked Value(s)	Decisional Influence
Intimate Relationship(s)				
Family: Immediate/ Extended				
Friendships/Social Life				
Financial				
Occupational				
Physical/Emotional Health				

Cultural Identities				
Spiritual/Religious Community				