



## Exploring our Personal Values Worksheet

This worksheet is confidential — you will not need to share it with anyone.

Please complete these sentence stems as quickly as possible. Write the FIRST thing that comes into your mind. Be brief — only a few words. Do NOT think too long about your answers.

- 1) The best method of birth control is....
- 2) A woman who uses emergency contraception repeatedly ...
- 3) A man who doesn't use a condom and says he doesn't want to be a dad ...
- 4) A woman who has six children ...
- 5) A woman who smokes and says she just can't afford birth control...
- 6) The ideal method of birth control for teenagers ...
- 7) The most risky method of birth control is ...
- 8) A woman who does not know if she wants to be pregnant ...
- 9) A woman who says — I just want a method that is natural ...
- 10) A woman who does not want to be pregnant and wants her IUD removed ...
- 11) People who use condoms every time they have sex ...
- 12) Using Natural Family Planning for contraception ...
- 13) When a woman is undecided about a birth control method, I would...

**When you are done fold your worksheet in half to show that you are finished.**