

# Identifying Values

Achievement	Friendships	Pleasure
Physical challenge	Advancement / promotion	Adventure
Growth	Family	Power / authority
Affection	Helping other people	Privacy
Arts	Helping society	Public service
Challenging problems	Honesty	Purity
Change and variety	Independence	Religion
Influencing others	Community	Inner harmony
Recognition / respect	Competence	Integrity
Competition	Intellectual status	Reputation
Cooperation	Involvement	Responsibility
Country	Job tranquility	Security
Creativity	Knowledge	Self-Respect
Decisiveness	Leadership	Serenity
Democracy	Ecological awareness	Loyalty
Stability	Economic security	Market position
Social Status	Effectiveness	Meaningful work
Supervising others	Efficiency	Merit
Time freedom	Ethical practice	Money
Truth	Excellence	Nature
Wealth	Excitement	Wisdom
Fame	Order	Financial gain
Work under pressure	Fast living	Work with others
Personal development	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Why and how to focus on Values?

- I. Values are what matter to us, the meaning that gives life purpose and direction.
  - A. Consider yourself from three different periods in your life and select the Value(s) you believe to be at the center of that time:
    1. Past: \_\_\_\_\_
    2. Now: \_\_\_\_\_
    3. Future: \_\_\_\_\_
- II. Values are how we get Triggered: a mental framing of an experience that, when violated or supported, leads to an internal reaction, i.e. an emotion.
  - A. Think of three situations where you felt a strong reaction and identify what Value was being unsupported or violated. Its ok if there are more than one:
    1. \_\_\_\_\_ : \_\_\_\_\_
    2. \_\_\_\_\_ : \_\_\_\_\_
    3. \_\_\_\_\_ : \_\_\_\_\_
- III. Values provide points of contact interacting with others within our personal stories.
  - A. Select three identities you define yourself by (son/daughter, parent, employee, political or religious affiliation, etc.) What Value(s) are fundamental to each?
    1. \_\_\_\_\_ : \_\_\_\_\_
    2. \_\_\_\_\_ : \_\_\_\_\_
    3. \_\_\_\_\_ : \_\_\_\_\_
- IV. Values are always supported by our actions or Behavior. Every act we commit is in service to what we care about.
  - A. Select a recent behavior and identify what Value you were attempting to support:
    1. \_\_\_\_\_
  - B. Do the same thing but this time selecting someone else's behavior:
    1. \_\_\_\_\_