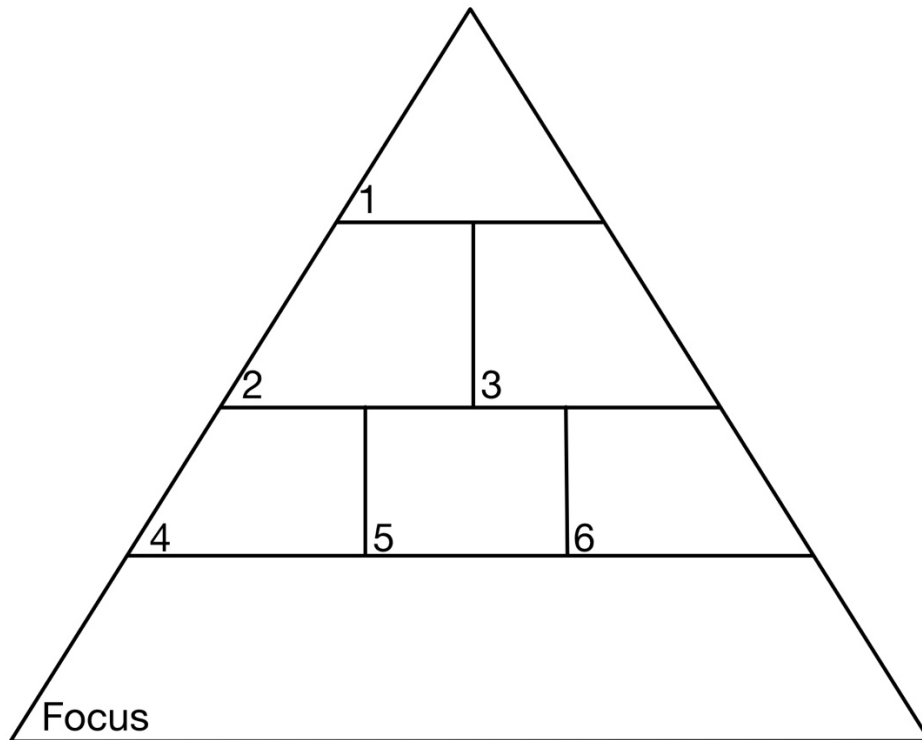


Values Pyramid

Achievement	Friendships	_____
Physical challenge	Adventure	_____
Family	Power / authority	_____
Arts	Integrity	_____
Honesty	Independence	_____
Community	Religion	_____
Recognition / respect	Competence	_____
Creativity	Knowledge	_____
Affection	Leadership	_____
Loyalty	Stability	_____



Instructions:

1. Consider a situation that you've recently had difficulty with or are currently focusing on.
2. Select six (6) Values from the provided list (or ones that resonate with you) that touch upon the situation.
3. Place those six in the provided pyramid with 1 being the most important, 2 being less and so on.
4. The narrative is your personal story supporting how these Values are Triggered by the current experience and providing the foundation for what behavior will be done to support them.

Overview:

The Values Pyramid helps to better understand what's important in any given situation. The most important Value/Trigger/Need is 1, followed by others that may be connected to the situation. The other Values are not missing, they're simply not the most important. For instance, a person can have a Value/Trigger/Need of safety and, in a dangerous situation, not express or want others to express complete honesty. This doesn't mean they don't care about truth and honesty anymore, it's just in that moment it's not the highest priority and won't, in your Story/Narrative, meet your Need.

The process of identifying Values should encourage you to see others as more than an enemy or as being wholly defined by one action. We all have our own stories, our own ways of putting together our pyramid of Values. We share Values precisely because we're all human. When uncertain about communication or upset about a behavior, one way to move through the difficulty is to figure out what Value/Need was most important for your and/or the other person. Then the focus becomes what is identified as being common and shared rather than differences.

The whole of the Pyramid is supported by the personal Story/Narrative that provides the rationalization for particular behavior to support the Values. Further exploration of Narrative can be done through a different worksheet.