

Someone You Admire

1. Who is someone you admire? (This could be anyone/thing--family member, friend, celebrity, public figure, fictional character, pet.)
2. What is it about them that you admire? What actions do they take that you want to do more of?
3. To what extent do you feel like your life reflects those characteristics now, on a scale of 0 (not at all) to 100 (completely)?
4. What is one goal you can set for TODAY to live out your life by those qualities?

- Values = who we want to be in this world, what matters to us deep down, how we want to live our lives and be remembered

- Personal, not feelings, directions (vs goals)
- Can always reorient to values even if stray

How does trauma and PTSD impact values?

- We can get caught up in sx (in our heads, ruminating) so our values fall out of focus
- Fear, shame, etc. can also block up from pursuing/living in line w/ our values
- Feeling unconfident in my ability to get to those values
- Lack of clarity
 - If we were told bad things about ourselves, we might not have a sense of our values, purpose, future.
- Good news about values is that we always are able to recommit and explore them today.
 - Set in vivo exposures and other goals related to values
 - Examples from values clarified today?
 - Maybe our goal is simply to explore and try different values “on for size” to begin exploring ourselves.
 - Goal for today?