

TRYING ON VALUES

MONDAY, SEPTEMBER 16, 2024

HOW TRAUMATIC EXPERIENCES CAN MAKE IT HARD TO KNOW OUR VALUES

1. Limited opportunities for self-discovery.

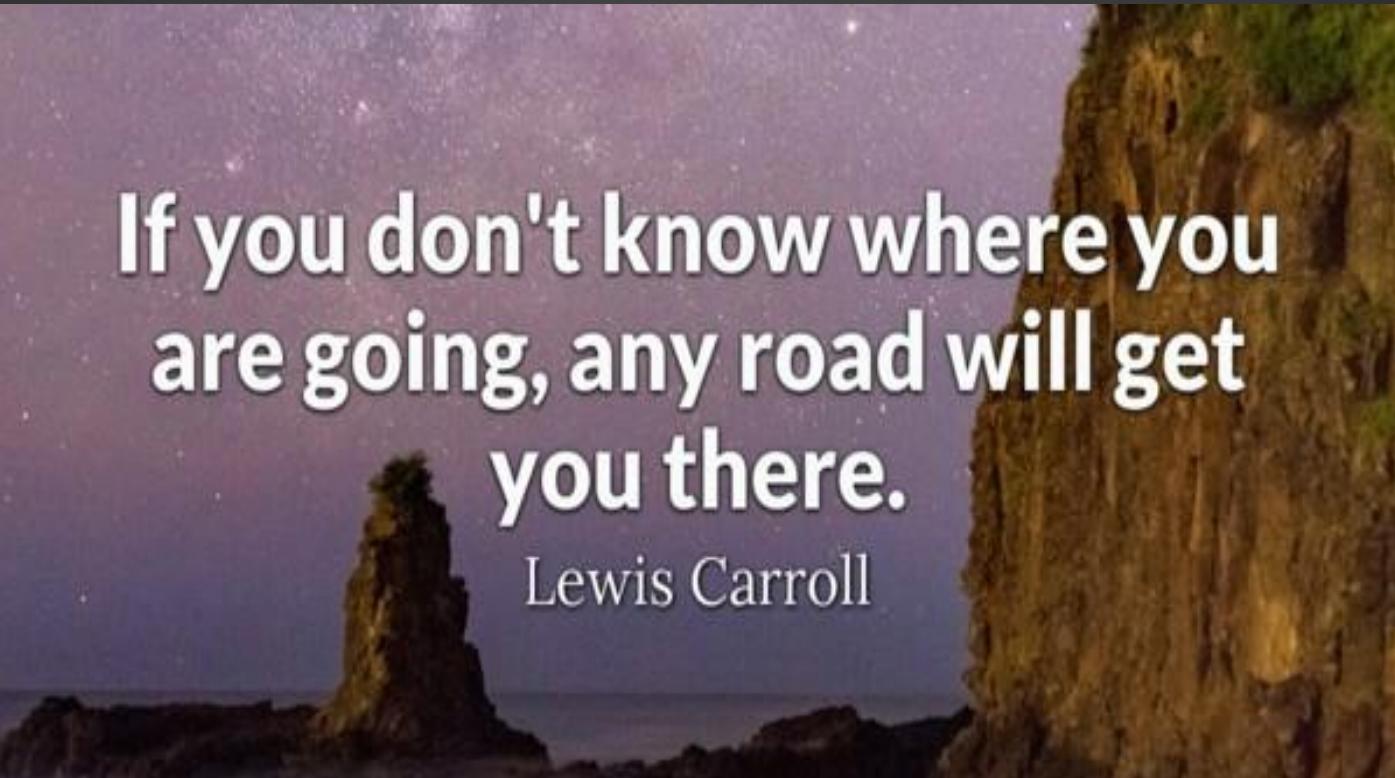
- Traumatic experiences limit opportunities to discover what matters to us.
- Self-discovery and learning our values is a PROCESS/doesn't happen automatically

2. Invalidation.

- We can get confusing messages from others that make it hard to trust ourselves.

DEFINING VALUES

- What matters to you; the guiding principles and directions for our lives
- Answers the question: “Who do I want to be? How do I want to live my life?”, which informs our moment-to-moment choices, behaviors, and decisions
- What values are not:
 - Feelings, right or wrong, others' preferences, certain religious or moral codes
 - Goals
 - Values are different from goals in that are directions that can never be fulfilled
 - Goals are specific actions you can take in line with values (e.g., go to the gym for 30 min in service of value of physical health)



If you don't know where you
are going, any road will get
you there.

Lewis Carroll

WHY “TRY ON” VALUES?

- Allows us to:
 - Experiment with different values
 - Try them out for size:
 - Learn what it *feels like* to behave consistently with a freely chosen value
 - Learn from your own *direct experience* (our *feet on the ground*) when we behave in ways that are consistent with our freely chosen values
 - Through our experiences, we can learn which values fit (or don't) fit us
 - Just like clothing, the first value we try on might not fit—and that's okay.
 - Through daily practice, we can discover which values hold personal meaning for us

Values R Us

- Family
- Work/School
- Friendship
- Romance

- Friendship/
Relationships
- Leisure
- Spirituality
- Self-care

THE PROCESS OF TRYING ON A VALUE

1. What is one value I am willing to try on today?
2. List as many behaviors as you can think of that will *show me* when I am living this value
3. Choose one of those behavior that you are willing to commit to doing today
4. Practice mindful of thoughts and emotions:
 - Notice any thoughts, reactions, judgements, or predictions that come up as you think about taking these steps.
 - Does your mind give you reasons why something will/will not work? About your capabilities? Do you hear 'someone else's voice' from your past as you think about taking these steps?
5. Are there any steps I need to take or skill I need to review to enact this plan?

SAMPLING OF VALUES

- Adventure
- Autonomy/Independence
- Assertiveness
- Authenticity
- Challenge
- Community
- Creativity
- Faith
- Family
- Generosity
- Growth
- Honesty
- Integrity
- Justice
- Kindness
- Learning
- Respect
- Security
- Self-care
- Stability
- Other _____

Trying on a value

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