

# TRYING ON VALUES

MONDAY, SEPTEMBER 16, 2024

# HOW TRAUMATIC EXPERIENCES CAN MAKE IT HARD TO KNOW OUR VALUES

## 1. Limited opportunities for self-discovery.

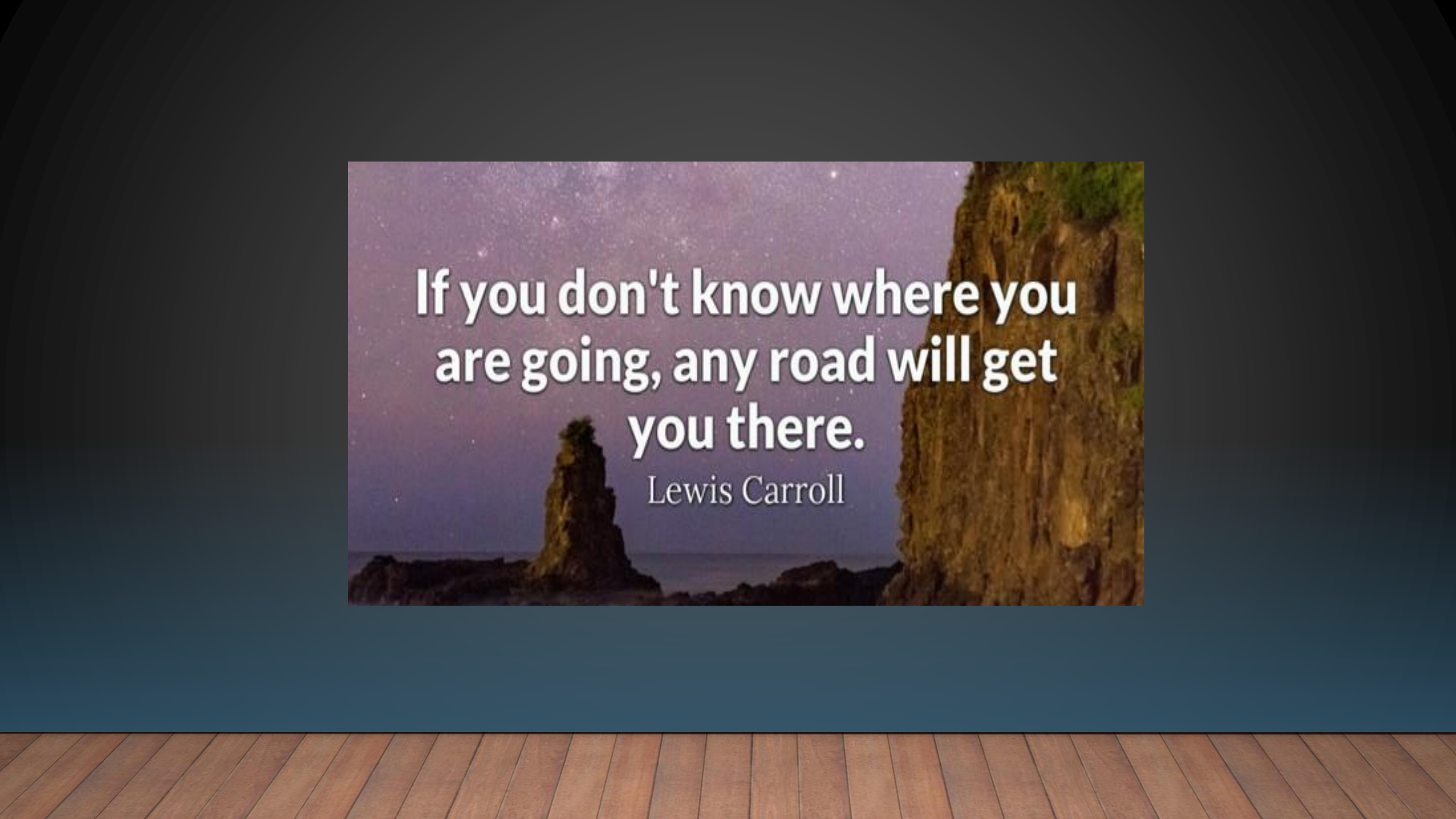
- Traumatic experiences limit opportunities to discover what matters to us.
- Self-discovery and learning our values is a PROCESS/doesn't happen automatically

## 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 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 you 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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**List as many behaviors as you can think of that will \*show me\* when I am living this value**

**Choose one of those behavior that you are willing to commit to doing today**

**Practice mindful of thoughts and emotions:**

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