

Activity: “My Values”

Name: _____ **Date:** _____

Aims:

- Identify the values that govern my life.
- Reflect on the rules (if any) that accompany those values.
- Recognize the behaviours that derive from these values and rules.

Activity Description

Below you will find a list with examples of values. Select from this or your own list three values that currently rule your life. If you do not have this clear, then write down the ones you would like to have as anchor to guide your life. Put them in order of importance. Remember, if your values are not in this list, feel free to add them.

Love	Independence	Respect
Happiness	Harmony	Power
Peace	Adventure	Security
Integrity	Recognition	Privacy
Privacy	Overcoming	Loyalty
Delusion	Success	Joy
Fun	Dignity	Honesty
Comfort	Achievement	Freedom
Gratitude	To learn	Grow up
Value	Passion	Health
Acceptance	Tolerance	Friendship
Beauty	Contribution	Creativity
Ambition	Fame	Leisure
Family	Money	Prestige
Serenity	Intelligence	Vitality

Now, for each of the values you selected, answer the following questions.

1. What does each of these values mean to you and how each of them affects your lifestyle?

E.g., Honesty, is the main value in my life. It is important for me to be honest, because it helps me see things as they are inside myself and accept what I can and cannot improve or change. In this way, I can honour my uniqueness, living an authentic life without pretending to be what I am not. I also expect from others to be honest, because in this way I can develop trustworthy relationships with people that are not afraid to be who they are, or to speak their minds. It makes everything easier.

2. What decisions have you recently made that are consistent with your values?

E.g., Solving a situation with a close friend, making decisions related to work.....

3. What do you do when your values are not met?

E.g., I normally do nothing and get resentful because I do not agree with people not being honest.....

4. In case one or several of your previous answers were related to non-assertive behaviours. Reflect on how would you like to respond when your values are not met?

E.g., I would like to make a pause and open a space to express my disagreement on the situation. I would like to ask what happened, to be able to understand the situation (why they were not honest) and based on that, decide if I accept it or not. I would also like to be able to peacefully let go of a situation or relationship if I realize that changes are unlikely to happen in a near future, since this cause me pain.

5. What do you think would be the consequences of standing up for your values?

E.g., It may cause some difficulties with some people but I am sure protecting my values will make me feel better. Besides, people will learn what is important for me. If it is related to events or situations, then, similarly it can be difficult, because I may need to make some adjustments to my interactions and actions. But knowing that everything I am doing is to make positive changes in my life, makes me feel good.

6. What have you learned from this exercise?

E.g., That my values are not always clear and that I don't always follow them, then I bear situations and attitudes from others that I don't like or agree with and that makes me feel disrespected and in conflict with myself. Then, I think, it will be good to set clear and realistic rules and boundaries in my life and I would like to use them as guidance.