

CLARIFYING YOUR VALUES

Before you start, let's define what we mean by values. Values are chosen life directions. They're the compass headings you choose to guide the direction you want to travel in life. They're yours. Values are not what others want for you. They're what you want for yourself. Values are not something to be right or wrong about. You don't need to explain or defend them. Values are continuous. They are the answers to the question in an ideal world how would you choose to act on an ongoing basis. What do you want to keep on doing (verbs) and how do you want to keep on doing it (adverbs)? Below are some words to construct your values statements in common areas of living. Fill them in below, following the examples. You may also add other words to bring your values to life.

What Do You Want to Keep on Doing?

Playing	Acting	Behaving	Interacting	Working
Being	Performing	Getting along	Helping	Living
Learning	Contributing	Giving	Applying	Serving
Relating	Connecting	Caring	Nurturing	Loving
Speaking up	Sharing	Communicating	Embracing	Engaging

How Do You Want to Keep on Doing It?

Skillfully	Energetically	Fairly	Righteously	Ethically
Proficiently	Willingly	Admirably	Strongly	Competently
Eagerly	Passionately	Wholeheartedly	Warmly	Appreciatively
Competitively	Supportively	Lovingly	Diligently	Humbly
Cooperatively	Generously	Helpfully	Honestly	Courageously
Compassionately	Respectably	Forgivingly	Creatively	Modestly
Kindly	Friendly	Purposely	Warmly	Tenderly
Thankfully	Enthusiastically	Eagerly	Wisely	Curiously
Acceptingly	Affectionately	Patiently	Honorably	Eagerly
Attentively	Knowledgeably	Understandingly	Thoughtfully	Capably
Kindheartedly	Gently	Perceptively	Industriously	Expertly
Intelligently	Productively	Spiritually	Loyally	Enjoyably
Faithfully	Emotionally	Intimately	Gratefully	Reliably
Responsibly	Orderly	Healthily	Mindfully	Patiently
Precisely	Truthfully	Accurately	Openly	Graciously
Intentionally	Positively	Actively	Courteously	Reflectively
Conscientiously	Boldly	Healthily	Vigorously	Caringly

Areas of living	What do you want to keep on doing?	How do you want to keep on doing it?
Family	<i>Connecting with parents</i>	<i>affectionately</i>
Friends	<i>Interacting with friends</i>	<i>caringly</i>
Work	<i>Working with people</i>	<i>helpfully</i>
Education		
Health		
Recreation		
Spirituality	<i>Acting</i>	<i>forgivingly</i>
Parenting		
Community		
Intimate Relationships	<i>Loving someone</i>	<i>intimately</i>

If you think about these things you value, you will usually find things that hurt you on the flip side. After all, if you didn't care about something, it wouldn't hurt you. You can follow your values to find pain. And you can follow pain to find your values. Here are some examples:

In fearing something on my pain list	I do something on my solutions list	That costs me valuing
Thinking "She won't love me"	Not dating	Loving someone intimately
Thinking "I'll make a mistake"	Not working	Working with people helpfully
Feeling guilty about hurting my mother	Drinking alcohol	Connecting with parents affectionately
Feeling sad about a friend dying	Staying home	Interacting with friends caringly
Feeling angry about someone hurting me	Not speaking	Acting forgivingly

It's like a coin having one side valuing "loving someone intimately" and on the other side fearing thinking "she won't love me." You can move away from the pain by "not dating." However, as you do that, you are throwing away the whole coin, and with it goes the possibility of valuing "loving someone intimately," which may cause you more pain. This is the flip side of moving away from pain. Now, think about the items on your pain and solutions lists, and your values statements. Fill them in below, following the example above.

In fearing something on my pain list	I do something on my solutions list	That costs me valuing

Five tips for using pain to empower living life in a valued direction:

- Allow it to be there.
- Make room for it.
- Be gentle with it.
- Stop fighting with it.
- Thank your mind for the reminder you care about something.