

Values

A quick fact sheet

Values...

- *are the inner standards that motivate us to act*
- *are the guidelines that we judge ourselves/others*
- *tell us what is important and worthwhile*

Values and Avoidance...

- *We are in a conflict between living in line with our values and with trying to avoid pain/discomfort*
- *Pain, discomfort and unpleasant experiences encourage us to avoid doing things that matter (are are valuable) to us*

Picture this...

- *You are an old ship at sea, relying on the wind to blow you where you need to go*
- *Pain, discomfort and unpleasant experiences are the storms that push us off course*
- *If we are not careful, deliberate and creative , it is unlikely that the storm will blow us where we want to go*
 - *Overtime, we may “forget” where we are going or give up on our destination because the storms are too strong*
- *In this scenario...*
 - *Our values are our destination*
 - *The goals we set are the course we set*
 - *Therapy can help us navigate that course*

