

Values exploration

A Value I Can Put Into Practice

Adults | 10 to 15 minutes

A value describes a way you want to act, such as being curious, caring, honest, or fair. Your words may differ, and values can conflict. Choose a direction that matters to you rather than one you think will earn approval.

Begin with one ordinary situation. Name the value in your own words and choose an action small enough to revise.

Describe the direction

Ask how you would like to show up in the situation. Separate that direction from an outcome you cannot fully control, such as being liked or always succeeding.

Include limits and other values

A caring action can include a boundary or asking for help. If two values conflict, identify a workable next step that acknowledges both rather than demanding perfect consistency.

1. What situation would I like to approach more deliberately?**2. What personally chosen value matters here?****3. What competing need, value, or constraint should I include?****4. What small action would express the value within those limits?****Clinical use and adaptation**

Do not assign values based on culture, faith, family role, or clinician preference. Distinguish chosen action from compliance and account for safety and material constraints. Values work does not require emotional comfort.