

Moving Away From Values

Moving Towards Values

<p>Things I Say or Do That Don't Meet My Long Term Goals and Values</p> <ul style="list-style-type: none">• Distraction• Aggressiveness/Lashing Out• Disengaging• Avoiding• Procrastination• Substance Use/Abuse, Risky Behaviours, Gambling, Self-Harm, Eating, Shopping	<p>Things I Say or Do That Meet My Long Terms Goals and Values</p> <ul style="list-style-type: none">• Spending time with family• Eating Healthy/Moving Body• Learnings/Personal Growth• Fun/Creativity/Sports• Church Group/Spiritual Practice• Focusing on Sleep/Relaxation
<p>Things I Think and Feel That Are Unpleasant</p> <ul style="list-style-type: none">• Troublesome thoughts• Difficult emotions• Uncomfortable body sensations• Powerful urges• Painful memories	<p>Things I Think and Feel That Are Pleasant – My Values</p> <ul style="list-style-type: none">• Family• Intimate Relationships• Parenting• Friends• Education• Work• Recreation• Health• Personal Growth