

ON VALUES

WHAT ARE THEY & WHY ARE THEY IMPORTANT

WHAT ARE VALUES?



- Values are one's standards of behaviors (ie - 'our principles').
- They create the foundation for our beliefs, thoughts, emotions, and actions.
 - IE - our values inform what we believe, how we think, how we feel, and ultimately how we act
- Values can be individual or group (think family, company, school, religion, etc)

INDIVIDUAL VALUES

- Everyone has their own set of individual values.
- Often these values were passed down through your family of origin or influential people/groups.
- Most people have **3-5 core values**, and then dozens of secondary values.

CORE VS SECONDARY VALUES



CORE VALUES

- Most important in forming your belief system.
- Usually static by the time you are an adult (ie - they are harder to shift)
- Experience greatest inner/external conflict when these values are compromised in your behaviors or the behaviors of others

SECONDARY VALUES

- Dozens of values, often in mild conflict with each other, creating inner tension.
- Less static in that their priority may change depending on life circumstances.

HOW DO VALUES DEVELOP?

- Values are often passed down through your family of origin, important life events, and influential people & groups.
- Adolescence is an critical period for values exploration & identity development - these go hand in hand.

VALUES CONFLICT



- You can experience values conflict within **yourself** (ie - your behaviors do not match your values) or with **others** (their behaviors do not match your values)

Individual Values Conflict

- Feel an inner sense of guilt / shame for your behaviors
- Increase in anxiety

Relational Values Conflict

- Feel angry/frustrated with other's behaviors
- If there is conflict with a core value, the angrier you get (emotional capacity cup fills faster)

REMEMBER THIS ...

CHRONICALLY ACTING OUTSIDE
OF YOUR VALUES SYSTEM CAN
LEAD TO ANXIETY & DEPRESSION

HOW DO I LEARN ABOUT MY VALUES?

- There are several online values explorations. Here is my favorite from [Psychology Today](#).
 - This is a great experiential activity to do solo or with your family
- Here is a [list of values](#) from Brené Brown to look at. Please note that this is not a comprehensive list.
- Begin thinking about times you have felt guilty or shameful, and identify values that may have been compromised.



REMEMBER ...

WHEN WE ARE LIVING OUR VALUES, WE FEEL A
SENSE OF PEACE, EVEN DURING HARD TIMES.



LWC THERAPIES PLLC
LEARN. GROW. HEAL. TOGETHER.

REFERENCES



- Barrett, K., O'Connor, M., & McHugh, L. (2019). A Systematic Review of Values-Based Psychometric Tools Within Acceptance and Commitment Therapy (ACT). *The Psychological Record*, 69(4), 457. <https://doi-org.proxy006.nclive.org/10.1007/S40732-019-00352-7>
- Blonna, R. (2010). *Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy*. New Harbinger Publications.
- Deane, F. P., Ciarrochi, J., & Blackledge, J. T. (2009). *Acceptance and Commitment Therapy : Contemporary Theory Research and Practice*. Australian Academic Press.
- Eifert, G.H., & Forsyth, J.P. (2005). *Acceptance and Commitment Therapy for Anxiety Disorders : A Practitioner's Treatment Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies*. New Harbinger Publications.
- Pearson, A. Macera, M.H., & Follette, V. (2010). *Acceptance and Commitment Therapy for Body Image Dissatisfaction : A Practitioner's Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies*. New Harbinger Publications.
- Pozatek, K. (2011). *The parallel process: Growing alongside your adolescent or young adult child in treatment*. Lantern Books.
- Scarlet, J. (2017). *Superhero Therapy : Mindfulness Skills to Help Teens and Young Adults Deal with Anxiety, Depression, and Trauma*. Instant Help.
- Siegel, D. J., & Hartzell, M. (2018). *Parenting from the inside out: How a deeper self-understanding can help you raise children who thrive*. Scribe Publications.