

Tolerating Upsetting Thoughts and Feeling by Focusing on Your Values

Many people develop destructive habits to cope with intolerable thoughts and feelings. These habits could be drinking, self-injury, avoiding people or certain situations, eating disorders, and more. However focusing on your values can help you get past these destructive habits and point you to a happier and healthier lifestyle.

Every group has certain values—the broad culture, your religion, your family and friends—but we're talking about your personal values, the things that are most important to you.

Use the first worksheet to help identify the positive values that are most important to you and to rank them in order of importance.

Use the second worksheet to identify the time you devote to each of your top five values each day. Make copies of this worksheet and see if you can increase the time you devote each week to your most important values.

Identifying Your Personal Values

Look at the list of values below and put a check by the ones that are most important to you; add other values that are not on this list. Then rank these values in the order of their importance to you with 1 being the most important.

Put a Check by Your Values	Rating
____ Appearance	_____
____ Financial success	_____
____ Hard work	_____
____ Enjoying your free time	_____
____ Having fun	_____
____ Having others respect you	_____
____ Being close to family and friends	_____
____ Religion and spirituality	_____
____ Being liked by others	_____
____ Participating in sports and physical activities	_____
____ Enjoying hobbies	_____
____ Learning new things	_____
____ Community service	_____
____ Working hard	_____
____ Enjoying nature and outside activities	_____
____ Other _____	_____
____ Other _____	_____
____ Other _____	_____
____ Other _____	_____
____ Other _____	_____
____ Other _____	_____

Spending Time on Your Personal Values

Week beginning (date) _____

Enter your five most important values from the previous worksheet. Enter the amount of time you spend in activities that involve your top personal values.

Top Values	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Total Time Spent Each Day							