

IDENTIFYING YOUR VALUES

Identifying your values is the beginning of creating a plan for behavioral change. Your values will drive your successful behavioral change. I have included a lengthy list of values, but it is not comprehensive or exhaustive, so feel free to add your own values to the list in the spaces provided. You might notice that you have really strong values—that it's easy to identify them in the table. Or you might be having a difficult time because your behaviors have created a disconnection from your values. Take as much time as you need.

Label your identified values with one, two, or three stars: important, very important, and most important.

Values:

Acceptance	Accessibility	Accomplishment	Adaptability	Affection
Appreciation	Approachability	Assertiveness	Assurance	Attentiveness
Awareness	Balance	Belonging	Bliss	Bravery
Calmness	Camaraderie	Carefulness	Cheerfulness	Clarity
Closeness	Commitment	Community	Compassion	Competence
Completion	Composure	Confidence	Connection	Consciousness
Consistency	Contentment	Contribution	Cooperation	Courage
Courtesy	Creativity	Credibility	Curiosity	Dependability
Depth	Desire	Determination	Diligence	Discipline
Drive	Duty	Effectiveness	Efficiency	Empathy
Encouragement	Endurance	Energy	Enjoyment	Enthusiasm
Excellence	Excitement	Expressiveness	Exuberance	Fairness
Faith	Family	Fearlessness	Fierceness	Fitness
Flexibility	Fluency	Focus	Fortitude	Freedom
Friendliness	Friendship	Fun	Generosity	Giving
Grace	Gratitude	Growth	Guidance	Happiness
Harmony	Health	Helpfulness	Honesty	Honor
Hopefulness	Humility	Humor	Imagination	Independence

LOVE ME, DON'T LEAVE ME

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Individuality	Inquisitiveness	Insightfulness	Inspiration	Integrity
Intellect	Intelligence	Intensity	Intimacy	Introspection
Involvement	Joy	Kindness	Learning	Liveliness
Longevity	Love	Loyalty	Mastery	Maturity
Meaning	Mindfulness	Motivation	Open-mindedness	Openness
Optimism	Organization	Patience	Passion	Peace
Perceptiveness	Perseverance	Persistence	Playfulness	Pleasantness
Pleasure	Pragmatism	Presence	Reasonableness	Reflection
Relaxation	Reliability	Resilience	Resolve	Resourcefulness
Respect	Responsibility	Restraint	Reverence	Satisfaction
Security	Self-control	Selflessness	Self-reliance	Self-respect
Sexuality	Sharing	Simplicity	Sincerity	Skillfulness
Spirituality	Stability	Strength	Success	Support
Sympathy	Teamwork	Thankfulness	Thoroughness	Thoughtfulness
Timeliness	Trust	Trustworthiness	Truth	Understanding
Usefulness	Virtue	Vision	Volunteering	Warmheartedness
Willfulness	Willingness	Wisdom	Wonder	Youthfulness
Zeal	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

The next step is to link your values with your intentions. Your intention is the behavior that will manifest your values. Your behavioral intentions are a commitment to yourself to be who you want to be in your relationships and to do what matters. You will face many of the barriers that we have already identified and discussed—your thoughts and your feelings. These can be painful distractions from your commitment to live in service of your values.

Record each value and your intention for each value, as in the examples provided.

Value	Intention
<i>Openness</i>	<i>Reveal parts of myself rather than hiding them.</i>
<i>Courage</i>	<i>I won't withdraw when I'm afraid of being left.</i>
<i>Connection</i>	<i>I will make meaningful contact with others instead of withdrawing.</i>

How do you feel after completing the exercise? Do you have more clarity about how you want to live? Are you better able to see how your values and intentions can keep you on track and get you closer to your goal of building lasting loving relationships?