

## YOUR BEHAVIORS AND YOUR VALUES

It's very challenging to change behaviors that have become habitual. Like any bad habit, it's easier to go back to what you know, what's comfortable. But what you know—that unhelpful behavior—isn't getting you closer to the relationships that you want. I know that adopting new, helpful behavior is challenging—at times it can feel awkward and uncomfortable. But when you identify your values and focus on them as motivation for change, it's easier to accept the challenge, to tolerate the discomfort and awkward feelings. Now I'm going to ask you again to make the connection between your behaviors and your values. First, let's look at your unhelpful behaviors.

Record your responses to the following:

Identify your values, particularly the ones that are relevant to your relationships.

List your core beliefs.

Explain your triggering event.

Describe your unhelpful (maladaptive) coping behavior(s).

Describe the outcome.

Did your behavior bring you closer to your values? (Use the scoring key to rate your answer.)

**Scoring Key**

1 = absolutely farther away

2 = mostly farther away

3 = slightly farther away

4 = slightly closer

5 = mostly closer

6 = absolutely closer

Do you see how your unhelpful reactions put distance between you and your identified values?

Once you have put your new, helpful coping behaviors into practice, let's examine whether you are getting closer to your values. I want you to repeat the exercise, paying attention to how helpful behavioral reactions may have changed the outcome. Record your responses to the following:

Identify your values, particularly the ones that are relevant to your relationships.

List your core beliefs.

Explain your triggering event.

**LOVE ME, DON'T LEAVE ME**

**YOUR BEHAVIORS AND YOUR VALUES**

Describe your unhelpful (maladaptive) coping behavior(s).

Describe the outcome.

Did your behavior bring you closer to your values? (Use the same scoring key to rate your answer.)

Do you see how your helpful behavior is bringing you closer to your identified values?