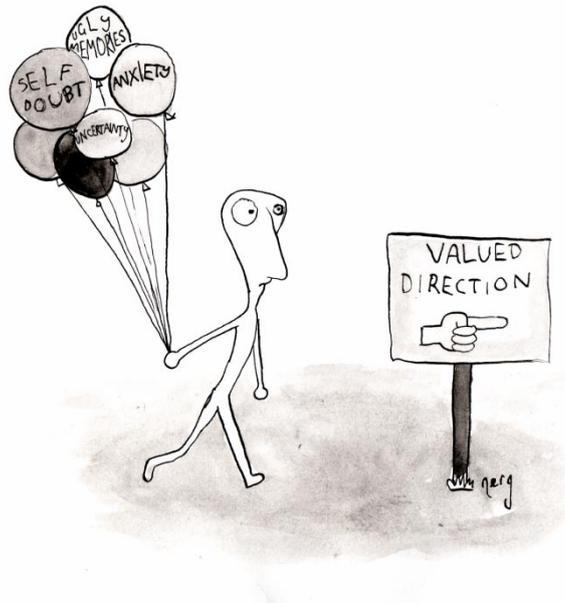


Valued living diary

Live your values each day!



Instructions. Complete the diary at the beginning and end of each day. It should take you no more than few minutes at the beginning and about 1 minute at the end. Each day you will be living according to some value, whether it be your own or someone else's. Make your life your own! Start now.

Use this exercise as a chance to practice self-compassion. You won't always complete the diary. You won't always do everything you wanted to do. Can you live your value of kindness? Can you be kind to yourself, the way you might be kind to your good friend?

You will find example values at the end of the diary, as well as examples of how to observe and unhook. Please refer to that if you are uncertain about anything.

Day _____

The first step toward change is awareness.

The second step is acceptance

---Nathaniel Branden

Guiding Value. What value do you want to guide your behavior today?

Identify your “away” and “toward” moves. *Away moves*- actions that make you feel better in the short run but move you away from what you value; *Toward moves* –actions that move you toward what you value

Away moves	Toward moves

Observe what difficult thoughts and feelings show up. When you feel like you want to engage in an “away move”, what is happening? Do you feel hopelessness, urges to eat, distress, anger, resentment, sadness, or self-doubt. Do you feel unmotivated or tired?

Unhook. How might you unhook from these difficult feelings and thoughts?

Make the willingness choice. Are you willing to make room for the difficult thoughts and feelings, in order to engage in toward moves? Will you open up to self-doubt, distress, and low motivation?

Yes Go forward with your journey and experience it!

No Go back, choose a different valued action, and repeat this exercise.

End of the day rating				
During this day, I have acted consistently with my valued direction				
1	2	3	4	5
Not at all	A little bit	Moderately so	Quite a bit	Very much so

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Values are like fingerprints. Nobody's are the same, but you leave 'em all over everything you do" -- Elvis Presley

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Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.”
-- Bruce Lee

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“Actions are the real substances of life; words are merely its adornment.” - Baltasar Gracian

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Fall seven times. Stand up eight”

-- Japanese Proverb

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“The best parts of anything are always impossible to remove from the worst parts.”

- The Pineapple Principle

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“The golden rule is that there is no golden rule.” - Bertrand Russell

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“The truth is what is. And what should be is a fantasy”-

--Lenny Bruce

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“Ideas are interpretations of experience. We tend to mistake our ideas for the real thing” -- Robert Rosenbaum

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“Human beings, like plants, grow in the soil of acceptance, not in the atmosphere of rejection” -- Sir John Powell

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Appendix

Example values

Example observing and unhooking exercise

Values

What are values?

Values are qualities of *your* action; they are ways that *you* wish to be in the world.

Values can never be permanently achieved or lost. For example, “being caring” is something you strive to do, in your actions, but you can never permanently achieve “being caring.” Sometimes you will be caring, sometimes you won’t.

Goals are achievable. They let you know if you are living your values.

Value domain	Example words used in value statements
Social domains, including family, intimate relationships, and friendships	Caring, supporting, connecting, accepting, being honest, opening up, nurturing, communicating well, helping, loving, asserting, being attentive, being present, listening
Education and personal development	Discovering, striving to understand, accomplishing, improving
Work	Achieving, contributing, being effective, resolving disputes, having influence, making a positive difference
Physical self-care	Exercising, eating healthy food, caring for myself
Spirituality	Connecting with god or the universe, acting consistently with religious beliefs or faith
Community	Promoting justice, caring for the weak, helping
Recreation	Enjoying music, art, and/or drama, listening, playing, creating, adventuring, discovering

Observe and unhooking techniques

1) POD: Pause (follow breath for 10 seconds), Observe (notice what is showing up), and Describe what you are thinking and feeling (“I’m having the feeling that....; I’m having the thought that.....”).

2) Write it down: Write down your difficult thoughts and feelings. Look at them on a piece of paper. Carry them with you while you act according to your values. Write them using funny letters or different colours. Basically, do what you can to look at your internal content in different ways.

3) Play with the thoughts on your inner computer screen. (image the thought and change its shape, colour, motion)

4) Mindfulness practice: Use mindfulness to slow yourself down and stop yourself from reacting to your thoughts and feelings..

4a. Count your breath. Just focus on your breath and count at each inhale until you get to ten. Then start again at 1. If you find yourself getting distracted, just gently bring yourself back to the breath. You will get distracted again and again. The key practice is in the *returning*.

4b. Three minute breathing space:

1. Awareness. Bring yourself into the present moment by deliberately adopting an erect and dignified posture. If possible, close your eyes. Then ask: “What is my experience right now.....in thoughts.....in feelings.....and in bodily sensations?” Acknowledge and register your experience, even if it is unwanted. Take a non-judgmental stance.

2. Gathering. Then, gently redirect full attention to breathing, to each inbreath and to each outbreath as they follow, one after the other. You might want to count each breath until you get to 10 and then go back to one and count again.

3. Expanding. Expand the field of your awareness around your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression

4c. Leaves on the stream. Close your eyes, and imagine a flowing stream. Imagine leaves floating by on the stream. Now, watch for your thoughts and feelings, and as you see each, please place it on a leaf and watch it float by.