



Mt Grove Counseling

Valued Living Questionnaire

Below are some areas of life that some people value. Put a circle on the scale from 1-10 indicating how much you value that area of life (1=not at all important, 10=vitally important to you).

Area	Not Important										Very Important									
Family	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Marriage	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Friends	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Work	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Education	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Recreation	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Community	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
_____	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
_____	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

*from Mindfulness for Two by Kelly G. Wilson and Troy Dufrene, 2009



Mt Grove Counseling

Defining Values

You will be defining your values more specifically in each of the areas. Some of the areas, you may skip if it is not currently important to you or it is simply not applicable. For each area you choose to focus on, please describe how YOU want to be in relation to this valued area.

For example, in the area of “family” I may want to be “dependable” “trustworthy” “a good provider” “a good homemaker” “loving” “accessible” “connected” “have good boundaries” “a good listener” “reliable” and “fun.”

Family

Marriage

Parenting

Friends

Work



Mt Grove Counseling

Education

Recreation

Spirituality

Community

Health

Personal Growth/Talents

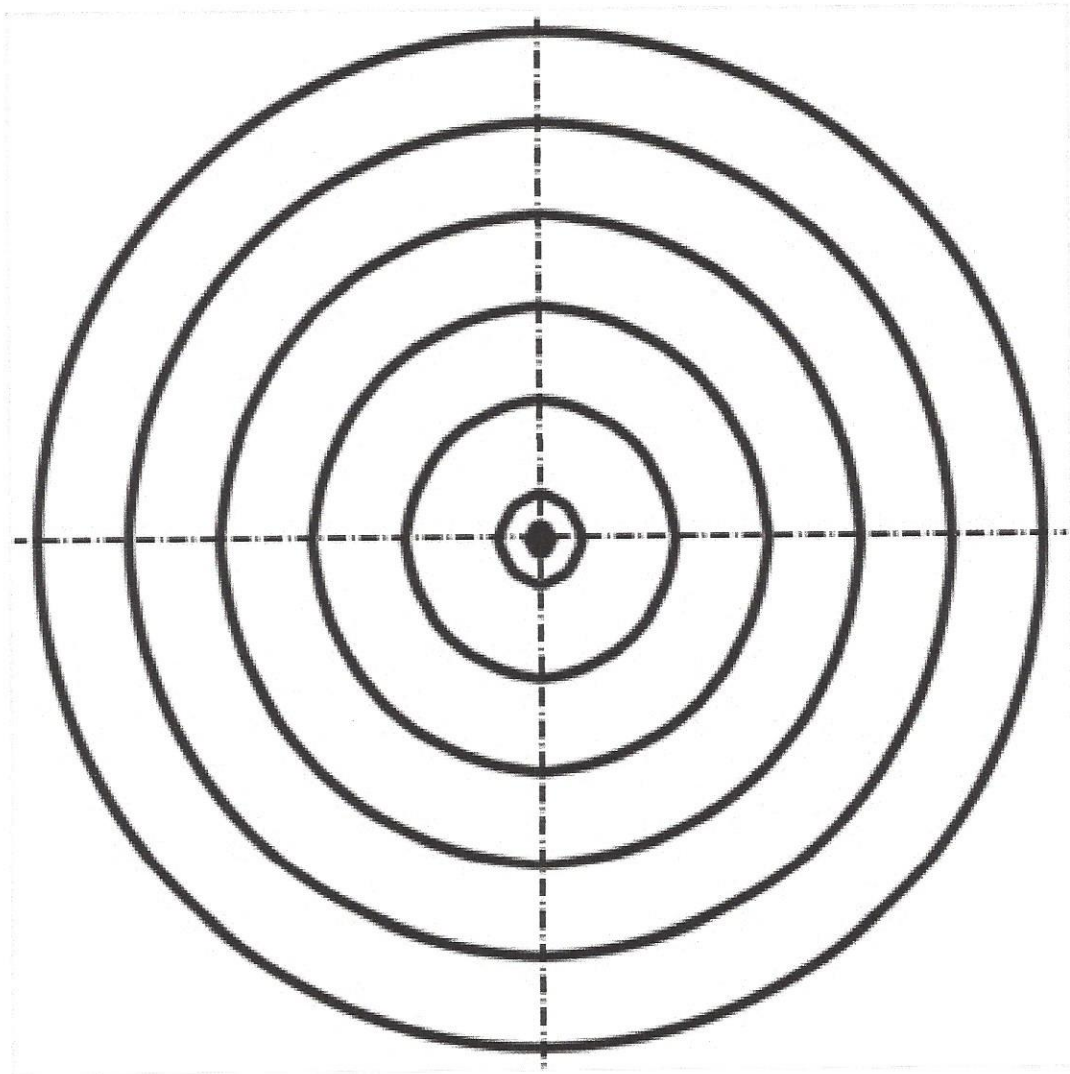
Add your own: _____



Mt Grove Counseling

How close to the bulls eye are you in living your values?

Valued Area



222 West 540 North Orem, UT 84057

MtGroveCounseling@gmail.com

Kathy 801-404-0064 * Maloa 801-885-9598 * Jim 801-735-8126 * Lee 801-636-7029



Overcoming FEAR with DARE!

F=Fusion (stuff your mind tells you that gets in the way when you get caught up in it)

E=Excessive goals (your goal is too big, or you lack the skills, time, money, health, or other resource to complete it)

A=Avoidance of discomfort (unwillingness to make room for the discomfort that this challenge brings)

R=Remoteness from Values (losing touch with or forgetting what is important or meaningful about this step)

Now... what stopped you from completing this action step?

D=use a De-fusion strategy (change your prison sentence, acknowledge the thought and let it go like a cloud in the sky, name the thought or feeling, say it out loud exaggerated at least five times and in a silly voice)

A=Acceptance strategy (observe it like a curious scientist, rate its intensity on a scale of 1-10, breathe through it, make room for it, give it a shape or color or name)

R=Realistic goal-setting (set a goal to gain the skill you lack to address the step, break the goal into tinier steps, brainstorm how you could accomplish the step, what are you willing to give up to make time for this step? Or if the step is truly impossible to accomplish, cross it out and make a different step. Leave it for another time)

E=Embrace values (meditate upon what really matters to you; ask yourself if the step is truly meaningful, is it aligned with your core values? Is it moving your life in your valued direction?)

What are you going to do this week?