

Interpersonal Effectiveness 1: Values Application 1

CORE CONCEPT: Identify values and how to express them through behavior. This is a partial list of values. You might have a value that is not on the list or notice some overlap between values. Review the list and circle your top 10 values. Use your selected values in the exercise that follows.

Acceptance	Connection	Enthusiasm
Achievement	Consistency	Excellence
Activity	Contentment	Exploration
Adaptability	Contribution	Expressiveness
Adventurousness	Cooperation	Fairness
Affectionateness	Courage	Faith
Altruism	Courteousness	Family
Ambition	Creativity	Fidelity
Assertiveness	Credibility	Financial independence
Attentiveness	Decisiveness	Firmness
Availability	Dependability	Fitness
Awareness	Determination	Freedom
Balance	Devotion	Friendship
Belongingness	Dignity	Fun
Bravery	Discipline	Generosity
Calm	Discretion	Giving
Capability	Diversity	Grace
Caring	Drive	Gratitude
Challenge	Duty	Happiness
Charity	Education	Harmony
Cleanliness	Effectiveness	Health
Closeness	Empathy	Honesty
Comfort	Encouragement	Honor
Commitment	Endurance	Hopefulness
Compassion	Energy	Humility
Confidence	Enjoyment	Humor

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	Playfulness	Simplicity
Hygiene	Pleasantness	Sincerity
Imagination	Pleasure	Spirituality
Independence	Popularity	Spontaneity
Integrity	Practicality	Stability
Intelligence		Strength
Intensity		Structure
Intimacy	Pragmatism	Success
Joy	Privacy	Support
Kindness	Professionalism	Teamwork
Knowledge	Prosperity	Thankfulness
Leadership	Relaxation	
Learning	Reliability	
Love	Religion	Thoughtfulness
Loyalty	Resilience	Trust
Mindfulness	Resoluteness	Truth
Modesty	Respect	Usefulness
Motivation	Restraint	Warmth
Neatness	Sacrifice	Willingness
Openness	Security	Wisdom
Optimism	Self-control	
Order	Self-reliance	
Passion	Sensitivity	Please add any not listed:
Peace	Service	
Persistence	Sharing	

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Once your values are identified you can describe specific behaviours that you can practice to live your values with intention. The following are examples of how you can complete this exercise:

I value: Truth

Describe three specific ways you can live this value:

1. Fill out my diary card more accurately
2. Tell important others when I make a mistake
3. Stop hiding liquor bottles in the garage

I value: Friendship

Describe three specific ways you can live this value:

1. Return phone calls from my friends
2. Respect Tammy's boundaries
3. Practice GIVE skills

I value: Pease

Describe three specific ways you can live this value:

1. Not yell at my wife and kids when I'm angry
2. Practice MINDFULNESS exercises in the morning and at bedtime
3. Use RADICAL ACCEPTANCE to stop beating myself up for mistakes

I value: Giving

Describe three specific ways you can live this value:

1. Give my classmates feedback on what they are doing well
2. Donate possessions that I have not used for a year
3. Be present in my relationships

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Now it's your turn:

I value: _____

Describe three specific ways you can live this value:

1. _____
2. _____
3. _____

I value: _____

Describe three specific ways you can live this value:

1. _____
2. _____
3. _____

I value: _____

Describe three specific ways you can live this value:

1. _____
2. _____
3. _____

I value: _____

Describe three specific ways you can live this value:

1. _____
2. _____
3. _____

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I value: _____

Describe three specific ways you can live this value:

4. _____
5. _____
6. _____

I value: _____

Describe three specific ways you can live this value:

4. _____
5. _____
6. _____

I value: _____

Describe three specific ways you can live this value:

4. _____
5. _____
6. _____

I value: _____

Describe three specific ways you can live this value:

4. _____
5. _____
6. _____