

MANAGING VALUES AND DISTRESSING THOUGHTS

VALUES

First, consider the values that are most important to you. What might that include? Being kind? Spending quality time with your family? Keeping fit and healthy?

VALUE:

VALUE:

VALUE:

DISTRESSING THOUGHTS

Now, consider any distressing thought you may have. This can be a recurring thought or it could be a new thought for a new situation. You can change this thought to repeat this exercise at any time. Examples may include: “I can’t do this” and “I’m not good enough”.

THOUGHT:

QUESTIONS TO ASK YOURSELF

- Is this thought helpful?
- Does this thought align with my values?
- How can I change my thought to align with my values?
- Will changing my thought to align with my values change my behavior?
- Will changing my thought to align with my values make me feel different? Will I feel better or worse?
- What is my next step?



Taking the time to consider your values and your distressing thoughts is useful to helping alleviate your stress, because when you act, think, and feel according to your values, you are being true to yourself. This is key to reducing stress and feeling free.