

What are values?

Values are the qualities that are meaningful and important to you in a way that is basic to who you are.

"Freely chosen, verbally constructed consequences of ongoing, dynamic, evolving patterns of activity, which establish predominant reinforcers for that activity that are intrinsic in engagement in the valued behavior pattern itself"

-Wilson & Deufrene, 2009

Values are a learned experience that can shift over time.
.Consider reinforcement histories.

"When someone says that he or she values someone or something, that statement refers to the effectiveness of that person or thing as a reinforcer for their behavior."

-Plumb et al, 2009

"Values may be conceptualized as particular kinds of rules that can establish neutral stimuli as reinforcers or temporarily increase the reinforcing quality of already established reinforcers."

-Plumb et al, 2009

Choose what is meaningful

"If we don't decide where we are going, we're bound to end up where we're headed."

-Stephen Hayes

The Magic Wand Exercise

Suppose I had a magic wand here I wave this wand and all the thoughts and feelings you've been struggling with are no longer a problem for you; they're like water off a duck's back.

What would you then do differently?

What sort of things would you start doing or perhaps do more of?

How would you behave differently toward others?

What would you do differently at work, at home, on the weekends?

3 Wishes Exercise

What are 3 wishes you have for your child?

What are 3 wishes you have for your family?

What are 3 wishes you have for yourself?

