

Values and next steps

Values describe how you want to show up over time. Goals are things you can complete. Both can help when life feels narrowed by distress or avoidance.

CHOOSE A LIFE AREA

Start with one area rather than trying to redesign everything.

- Relationships and connection.
- Work, learning or contribution.
- Health, rest, creativity, community or personal growth.

NAME THE QUALITY

Ask how you want to act, not how you want to feel.

- Examples include honest, kind, curious, steady or courageous.
- Use your own words rather than values you think you should have.
- Notice whether the value can guide many different actions.

CHOOSE ONE ACTION

A useful next step is specific and small enough to attempt.

- What can I do in the next day or week?
- What is the smallest version that still expresses the value?
- What support, reminder or preparation would help?

MAKE ROOM FOR BARRIERS

Values-guided action can happen while discomfort is present.

- Name the thought, feeling or urge likely to show up.
- Decide what you are willing to carry for this one step.
- Review the attempt with curiosity rather than perfectionism.

Keep the resource in context

Values are directions rather than another standard to meet perfectly. If an action is unsafe, unrealistic or outside your current capacity, make it smaller or discuss it in therapy.