

# VALUES

## Definitions:

- **Towards Values:** A set of emotions that you would do anything to experience
- **Away Values:** A set of emotions that you would do anything to avoid

Currently, what are your values and rules?

## **PART 1:** Questions to elicit your TOWARDS Values

What has been most important to you in life?

\_\_\_\_\_

What has been more important for you to feel, \_\_\_\_\_ or \_\_\_\_\_?

## **Part 2:** Questions to elicit your TOWARDS Rules

What has to happen in order for you to feel \_\_\_\_\_?

## **Part 3:** Questions to elicit your AWAY Values

In the past, what have been the feelings you would do almost anything to avoid having to feel?

\_\_\_\_\_

In the past, which of these feelings would you do more to avoid? \_\_\_\_\_ or \_\_\_\_\_?

## **Part 4:** Questions to elicit your AWAY Rules

What has to happen in order for you to feel \_\_\_\_\_?

# MY PRESENT TOWARDS VALUES AND RULES

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