

Value Elicitation

B.E.A.T. ADDICTION

V.E. ACTIVATOR WORKSHEET

Value elicitation is a process used to uncover or identify an individual's core values — the underlying beliefs and principles that guide their behavior, influence their experiences, and shape their view of the world. This process often involves a series of questions or thought exercises that encourage deep reflection. The aims of value elicitation include:

1. Helping individuals understand what is truly important to them.
2. Enabling clarity about why they may feel satisfied or dissatisfied in various aspects of life.
3. Assisting in making decisions that are congruent with one's authentic self.
4. Aiding in setting goals that are aligned with personal core values.
5. Providing a sense of direction and purpose in life.
6. Enhancing motivation and engagement in activities that reflect one's core values.
7. Conflict resolution, both internally (within oneself) and externally (with others), by recognizing and respecting differing value systems.

In practical terms, value elicitation can be done through self-reflection, conversation with a trusted person, or with the guidance of a professional coach or therapist. Worksheets, like the one provided earlier, journaling, interviews, and card sorts are some of the tools used for this purpose. The ultimate goal is to arrive at an understanding of one's values that feels right and true to the individual, to ensure their life's path is aligned with what they hold most dear

“A mission statement is not something you write overnight... But fundamentally, your mission statement becomes your constitution, the solid expression of your vision and values. It becomes the criterion by which you measure everything else in your life.”

STEPHEN COVEY

Disclaimer: This does not replace professional advice. Always consult with a healthcare professional or counselor for personal advice

THE BENEFITS OF A VALUE ELICITATION

Clarity of Purpose

By identifying core values, you can gain clarity on what drives you and what you want your life to stand for, which guides decision-making and actions

Improved Focus

When you know your values, it's easier to prioritize your life tasks, which can lead to better focus and more effective management of your time and energy.

Enhanced Self-Awareness

This process requires deep introspection, which can heighten your self-awareness and help you understand why you feel and behave the way you do.

Greater Congruence

Aligning actions with personal values can lead to living a more congruent, authentic life, which is often associated with greater fulfillment and happiness.

Better Stress Management

When faced with stress or conflict, knowing your values can help you navigate choices and maintain your peace of mind, knowing you've acted in accordance with what's important to you.

“Create a ladder of values and priorities in your life,
reminding yourself of what really matters to you.”

ROBERT GREENE

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Resilience in Hardship

During tough times, being grounded in your values can provide a sense of stability and give you the courage to persevere.

Enriched Relationships

Understanding your values can improve relationships by helping you communicate what's important to you and by understanding others' values as well.

Motivation and Goal-Setting

Values can drive motivation and give a powerful 'why' behind goals, thus making the objectives more personal and compelling.

Improved Mental Health

Living in alignment with personal values has been linked to reduced anxiety, depression, and overall better mental health.

Inner Conflict Resolution

Values clarification can help resolve inner conflict, as you'll be equipped to make choices that resonate with your authentic self.

In essence, by defining what's most important to you, value elicitation facilitates a life that is more in tune with your core self, leading to greater contentment, direction, and meaning

Below is a list of values that might be commonly explored in therapy, especially within the context of individuals seeking to understand themselves better, find direction, or work through issues such as addiction recovery. Therapists might ask clients to rank these values or choose the ones most important to them as a starting point for discussion.

A LIST OF CORE VALUES

Acceptance - Embracing life circumstances and people as they are.

Accountability - Taking responsibility for your actions and their outcomes.

Adventure - A desire for new and exciting experiences.

Authenticity - Being true to oneself.

Compassion - Showing empathy and kindness towards others and oneself.

Connection - Fostering meaningful relationships with others.

Contribution - Making a positive impact on society and the lives of others.

Courage - The ability to confront fear, pain, danger, uncertainty, or intimidation.

Creativity - Expressing oneself through innovative and original ideas.

Discipline - Showing control and consistency in actions and behaviors.

Empowerment - Taking charge of your own life and the decision-making process.

Flexibility - Being adaptable and receptive to change.

Forgiveness - Letting go of anger and resentment towards yourself and others.

Freedom - Preserving personal choice and independence.

Gratitude - Practicing thankfulness and appreciation.

Honesty - Being truthful and transparent.

Humor - Keeping a sense of playfulness and fun in life.

Continue➞

A LIST OF CORE VALUES CONTINUED...

integrity - Acting in alignment with your personal moral convictions.

Intimacy - Sharing closeness and personal understanding with others.

Justice - Upholding moral righteousness and fairness.

Kindness - Demonstrating generosity and friendly behavior.

Love - Developing deep, caring emotions and actions towards others.

Mindfulness - Staying present and aware without judgment.

Patience - Waiting calmly for outcomes or in the face of adversity.

Resilience - Recovering and bouncing back from difficulties.

Respect - Showing consideration and appreciation for yourself and others.

Self-Awareness - Understanding your feelings, motives, and desires.

Self-Control - Regulating what you feel and do in the face of impulses.

Service - Being of help or assistance to others.

Spirituality - Seeking meaning through a connection with something greater than oneself.

Stability - Having consistency and security in one's life.

Success - Achieving goals and realizing one's ambitions.

Trust - Having confidence in the reliability and honesty of oneself and others.

Wellness - Maintaining a balance of physical, mental, and social well-being.

Wisdom - Applying knowledge, experience, understanding, and insight to life's situations.

VALUES

B.E.A.T. ADDICTION

BREAK FREE

Sit back, and relax. Kick your shoes off! Now, list down five things that make you fabulous. We're not talking about addiction here. We're focusing on what makes you uniquely you! (Here, we explore self-appreciation, highlighting personal strengths.)

ENGAGE

Let's step into the time machine! Visit a moment in your past when you made a decision you're proud of. Why are you proud of it? (This step helps uncover values behind past positive behavior.)



B.E.A.T. ADDICTION

ACT

Close your eyes and imagine you've fully overcome addiction. What does future-you look like? What would they say to you right now?
(Imagining a future, healthier self can help identify values leading towards recovery.)

TRIUMPH

Create a personal mantra or quote that reinforces your commitment to recovery. It can be funny – laughter is the best medicine, after all!
(Creating a motto can provide positive reinforcement and highlight humor's role in recovery.)



A MORE TRADITIONAL ELICITATION

PEAK EXPERIENCES

Think of a moment in your life when you felt the most alive, happy, and fulfilled. Describe this moment.

What were you doing?

Who were you with?

What values were you honoring during this time?

LIFE'S LOWS

Now, recall a difficult or challenging time in your life. Describe this period.

How did you feel during this time?

Which of your core values were not being honored or were being compromised?

Reflect on any lessons learned that might relate to your values.

A MORE TRADITIONAL ELICITATION

ADMIRATIONS AND ASPIRATIONS

Think about a person you deeply admire. What qualities or actions of this person do you respect?

Which of these qualities align with values you wish to embody?

Describe a life you would be thrilled to lead. What values does this life reflect?

VISUALIZATION OF THE BEST SELF

Imagine your best possible self, living a life true to your deepest values. How does this person think, act, and solve problems?

What values does this person hold?

In what ways does your current life align with this vision?

In what ways does it not?

A MORE TRADITIONAL ELICITATION

DECLARATION OF VALUES

Based on the previous sections, list out all values that resonate with you.

Now, narrow down the list to your top 5 core values.

For each core value, write a short declaration of why it is important to you and how you can honor it in your daily life.

REFLECTION

Reflect on your top values daily and when faced with decisions. Are your choices consistent with these values? Let this awareness guide you towards a more aligned and meaningful life experience. Values can evolve, so consider revisiting this worksheet periodically to see if there have been any changes in what's most important to you. By using this worksheet, individuals can develop a deeper understanding of what truly matters to them, enabling a more authentic and value-driven life.

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The power of completing a personal value elicitation lies in its ability to identify what truly matters to an individual, driving intrinsically motivated behavior toward specific goals. By clarifying our values, we can set meaningful goals aligned with them, leading to increased motivation, commitment, and satisfaction. Furthermore, value Elicitation strengthens self-awareness, prompting introspection and empowering us to align our actions with our authentic selves for a more fulfilling life.

Congratulations on completing your **B.E.A.T. Addiction - V.E. Activator Worksheet!** Your dedication and commitment to overcoming challenges are truly admirable.

This is a significant step towards your journey to a healthier, happier, and more fulfilled life. Continue with this determination and success will be yours.

Keep going and remember, every small step counts. Great job!

