Brian Thompson 06-20-2013

Valued Living Plan

Take some time and brainstorm ideas for actions you could take outside of session to practice being with discomfort in order to take steps towards larger goals. Bring your ideas to session. On a scale of 0 – 10, rate each according to: 1.) importance (i.e., related to meaningful life direction); 2.) how much distress you predict it would evoke.

What Do I Value Enough to Feel Discomfort in the Service of Taking Action?

Value(s):_____

Action I'm Willing to Take Towards Value *(What/When/Where/How)*	Ratings: 0 = "least"; 10 = "most" Importance	Distress

A few guidelines to consider:

Doable: *Is this something I can practice on a daily basis? (e.g., near or at home)*

Predictable: *Are the specifics of this action within my control? (e.g., practice talking to strangers by engaging store employees rather than waiting to encounter someone on the street.)*

Repeatable: *Can I practice this regularly? Note: it's not necessary that all these be repeated—in some instances an action might be unique and timely (e.g., attending particular event). However, practice and repetition are important for learning.*

In Session: *If this can be practiced in session or near office—let's do it!*

Safe: *This goes without saying. All actions should have minimal to no risk of harm.*