

# WHY GET OUT OF BED?

Part of our series of **Rolling Workshops**

## Introduction

*Talking*  
**Therapies**  
*Southwark*

Many of us have busy lives which means we do not spend much time thinking about what is important to us (our values) and how those relate to how we feel and make decisions. But figuring out our values can be incredibly helpful in improving and protecting our wellbeing.

In this session we will explore why values are important and then look at some practical tools to help us figure them out. We have included many resources in this session to help you explore your values. Make sure to check them out!

## Sneak Peek

- Why meaning and values are important and how they feature in CBT and other therapies
- From values to actions
- Values clarification exercises

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## SUMMARY

Looking at meaning in life and being clear about what matters most to us can give us

- A different way of looking at difficult experiences
- A rich source of 'alternative thoughts' when doing CBT
- Better coping with stress
- Guide our choices

## Suggested follow up things to do

- Complete the values self-exploration handout
- Put the goal you have set into action
- Continue to set more value-based goals
- Watch the video about away and towards moves again
- Read *The Happiness Trap* by Russ Harris
- Find your own inspirational quotes
- Attend goal setting session (16, 17 & 18 July 2019)

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## Questions to help clarify values

1. **What matters most to me?**
2. **What am I doing when I'm at my best?**
3. **What am I doing when I'm happiest?**
4. **What would it be hardest to live without, and why?**
5. **Who do I admire and why?**
6. **What would I want others to see in me?**
7. **Imagining a time 5 or 10 years from now, what would I want to be able to say I did with these years?**
8. **What values did I learn growing up and are they still important to me now?**
9. **What do I want my life to be about?**

*You are the only one who  
knows the right answers  
for you*

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## Values Self-Exploration

Values are the things in life that you feel are most important. While one person might value their family relationships above all else, another person might value their career. Everyone's values are different, and there's no "correct" set of values.

**Instructions:** Understanding your values will help you better focus on what's important to you. This worksheet will help you think, in detail, about what your values might be. If there are any sections that do not apply to you, feel free to skip them.



Family



Marriage



Parenting



Friends



Leisure



Work



Spirituality



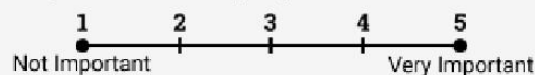
Community



Health



### Family Relationships (other than marriage)



Ideally, what would your family relationships be like?

What personal qualities would you like to contribute to your family?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve this area?

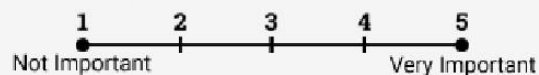
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## Values Self-Exploration



### Marriage / Intimate Relationships



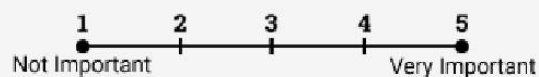
How would you describe your ideal marriage or intimate relationship?

In your ideal marriage or intimate relationship, how would you treat your partner?

Do you feel that you are contributing enough time and effort toward your marriage or intimate relationships? If not, how would you like to improve this area?



### Parenting



Which of your personal qualities can you use within the role of being a parent?


How would you like your son or daughter to describe you, as a parent?


Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

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## Values Self-Exploration


	Friendships / Social Relationships
<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> <div>Not Important<span style="float: right;">Very Important</span></div>	
<p>What sort of friendships would you like to have?</p> <p>How can you contribute to building your ideal friendships?</p> <p>Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?</p>	


	Work / Career / Education
<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> <div>Not Important<span style="float: right;">Very Important</span></div>	
<p>What's important to you about your work, career, or education?</p> <p>How would you like others to view you within your professional roles?</p> <p>Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?</p>	

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## Values Self-Exploration

	Recreation / Relaxation
	<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> <div>Not Important</div> <div>Very Important</div>
<p>What are your ideal forms of recreation and relaxation?</p>	
<p>Why are recreation and relaxation important to you?</p>	
<p>Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?</p>	


	Spirituality
	<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> <div>Not Important</div> <div>Very Important</div>
<p>What does "spirituality" mean to you?</p>	
<p>In what ways is spirituality important to you?</p>	
<p>Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?</p>	




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## Values Self-Exploration

	<b>Community / Citizenship</b>
	<div><div>12345</div><div>Not ImportantVery Important</div></div>
<p>How would you like to contribute to your community, or the world?</p>	
<p>What does it mean to you to be a good member of your community, or a good citizen?</p>	
<p>Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?</p>	

	<b>Physical Health / Well-Being</b>
	<div><div>12345</div><div>Not ImportantVery Important</div></div>
<p>Ideally, how would you take care of your physical health and well-being?</p>	
<p>Why is physical health important to you?</p>	
<p>Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?</p>	

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## VIA Classification of Character Strengths

	<b>Creativity</b>		<b>Curiosity</b>		<b>Judgment</b>		<b>Perspective</b>		<b>Bravery</b>		<b>Perseverance</b>
	<b>Zest</b>		<b>Honesty</b>		<b>Social Intelligence</b>		<b>Kindness</b>		<b>Love</b>		<b>Leadership</b>
	<b>Fairness</b>		<b>Teamwork</b>		<b>Forgiveness</b>		<b>Love of Learning</b>		<b>Gratitude</b>		<b>Spirituality</b>
	<b>Self-Regulation</b>		<b>Humility</b>		<b>Appreciation of Beauty</b>		<b>Prudence</b>		<b>Hope</b>		<b>Humor</b>

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# WHY GET OUT OF BED?

## SETTING A VALUE-BASED GOAL

**Based on one of your values, set one small goal you can achieve by the end of today**

What are you going to do?

What value does it support?

Why is this important to you?

When might you do it?

Any things you might say to yourself to talk yourself out of doing it?

Any ways you might 'answer back' to the self-defeating thoughts?

Any practical obstacles that might get in the way?

Any ways around the practical obstacles?

If it doesn't happen, you don't manage to achieve the goal, how can you talk to yourself in an encouraging and supportive way?

# WHY GET OUT OF BED?

## SETTING A VALUE-BASED GOAL

**Based on one of your values, set one small goal you can achieve by the end of the week**

What are you going to do?

What value does it support?

Why is this important to you?

When might you do it?

Any things you might say to yourself to talk yourself out of doing it?

Any ways you might 'answer back' to the self-defeating thoughts?

Any practical obstacles that might get in the way?

Any ways around the practical obstacles?

If it doesn't happen, you don't manage to achieve the goal, how can you talk to yourself in an encouraging and supportive way?

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## Further reading & resources:

- **Self-compassion:**
  - Paul Gilbert: Strengthening the Mind through The Power of Self-Compassion:  
<https://www.youtube.com/watch?v=0GKVMILwzdY&authuser=0>
- **Strengths survey:** <https://www.viacharacter.org/survey/account/register>
- **Personal values:** <http://www.selfcounseling.com/help/personalsuccess/personalvalues.html>
- **Book:** *The Happiness Trap* by Russ Harris
- **Video:** Headstuck! What is experiential avoidance? <https://youtu.be/C-ZuqeyxULM>



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**My notes:**



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