

## Hierarchy of Values - HoV

I might make a list of a thing or feeling or value or person that is important to ME.

**A thing I REALLY value.**

**That I value, want back, want more of, or prefer to have in my life.**

I might look in “Physical; Mental; Emotional; Family; Financial; Social;” and anywhere else I might **CHOOSE** to look.

For the purposes of discussion, here's a sample list, in alphabetical order:

- Family
- Friends
- Happiness
- Health
- Independence
- Self-sufficiency
- Well-being

If I have an unhelpful behaviour, something might be missing?

At the top of the list, on the right - opposite 'A' is the word '**Add**'

I might **put my unhelpful addictive behaviour** there e.g. alcohol, drug, gambling, etc.

**What thing that I REALLY value might be able to 'live' with my 'Unhelpful Addictive Behaviour'?**

- Which thing I value, might I gradually lose, or have lost a little over time?
- Which thing that I value, might be affected?
- By how much?

**In what way might this be what I REALLY want to happen?**

I might take a moment to write **WHY** each thing I value is important to me. Why I value it? What it does for me? Or enables me to do? **What it means to me?**

When I sit down and really think about **what I value most in my life, my PoU - Poison once Used - tends to not be one of them.** Each time that I act out, drink, or use, I might be potentially washing a thing or person I really value, away, just a little more - putting them at risk, with the potential of losing them. **How might I begin CHOOSING that thing or person I value instead?**

I might decide to sometimes **start crossing out** a thing I really value - **or** that thing at '**Add**'? I might **CHOOSE TO cross out the thing at 'Add' now**, and then look to make a more helpful choice, **a little more often.**

I might list a thing that I REALLY value and do a little work on it today.

**Awareness** is often the beginning of change - **PLANNING; PRACTICE; PERSISTENCE; and PATIENCE - especially WITH MY SELF** - a planned alteration in my behaviour.

**Change, rather than easy, has been shown to be very possible.**

# Hierarchy of Values - HoV

Determine what is **MOST** important to ME.

A. Thing that is important to me and/or that I value: Add \_\_\_\_\_

I Value	What it means to me

B. From the list above, look through and choose those that I consider to be my **‘Top Values’**... **whatever number I desire** - I consider being the **MOST IMPORTANT** to ME - in no particular order:

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This is perhaps a **‘REVIEW** often and keep it on hand’ exercise.

What might I do now, or soon, to experience this thing a little more?