

My Values List (MVL)

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 (not in order of importance):

- Family
- Friends
- Happiness
- Health; well-being
- Independence; self-sufficiency;

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** - alcohol/drugs/gambling/internet/sex?

How many of the things that I REALLY value might be able to “live” with my Unhelpful Addictive Behaviour?

- Which one might I gradually lose, or have lost a little over time?
- Which one, of the things 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.** Yet every 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 **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 begin looking to make another, more helpful choice, **a little more often.**

I might make a list of the things that I REALLY value and do some work on one today.

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

Rather than easy, it has been shown to be very possible.

My Values List (MVL) Worksheet

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 Six”**... the six things - or whatever number I desire - I consider being the **MOST IMPORTANT to ME** - in no particular order:

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-
-
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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?