

HANDOUT 7-E

WHAT ARE YOUR VALUES?

As you learn to confront your fears, you will be able to make more decisions based on your values rather than the negative feeling of the moment. Thus, it makes sense to spend some time getting clear on what some of your values are. Here is an exercise that you might find helpful.

Imagine that it is your 85th birthday and everyone who cares for you has gathered to honor you on your special day. Ask yourself the following questions:

What would I want them to say about me?

What contributions did I make?

How did I add value to their lives?

What worthwhile things did I achieve?

What personal qualities did they admire most?
