





## The Values Diagrams

### Values

-  Exercise
-  10-15 min.
-  Client
-  No

*Although values, by their very definition, are considered to be important (e.g., exercising, spending time with children), the behaviour of clients is often not consistent with their values (e.g., spending more hours in front of the television, working during evening hours, etc.). In order to decrease the discrepancy between values and actual valued living, it is important to create awareness of this discrepancy in the first place. This exercise can be used to visually represent this discrepancy and offer an effective starting point for designing interventions to decrease the gap between values and value-driven behaviour.*

### Goal

The goal of this exercise is to create awareness of the discrepancy between the values of a client and the extent to which the client lives in line with his or her values. This tool assesses the time clients devote to valued (and less important) areas in life and the time they wish to devote to these areas.

### Advice

In essence, this exercise is similar to the Valued Living Questionnaire (VLQ). In both tools, the discrepancy between the current and ideal life in terms of valued living is assessed. However, whereas the VLQ includes only predefined valued areas in life, this tool allows the client to use his/her own selected set of values. This exercise often requires more time to complete, but is a more personal reflection of one's ability to live in line with one's values. It is advisable to create a copy of this exercise for clients, so they can use it as a reminder or as a tool to start a discussion at home.

### Suggested Readings

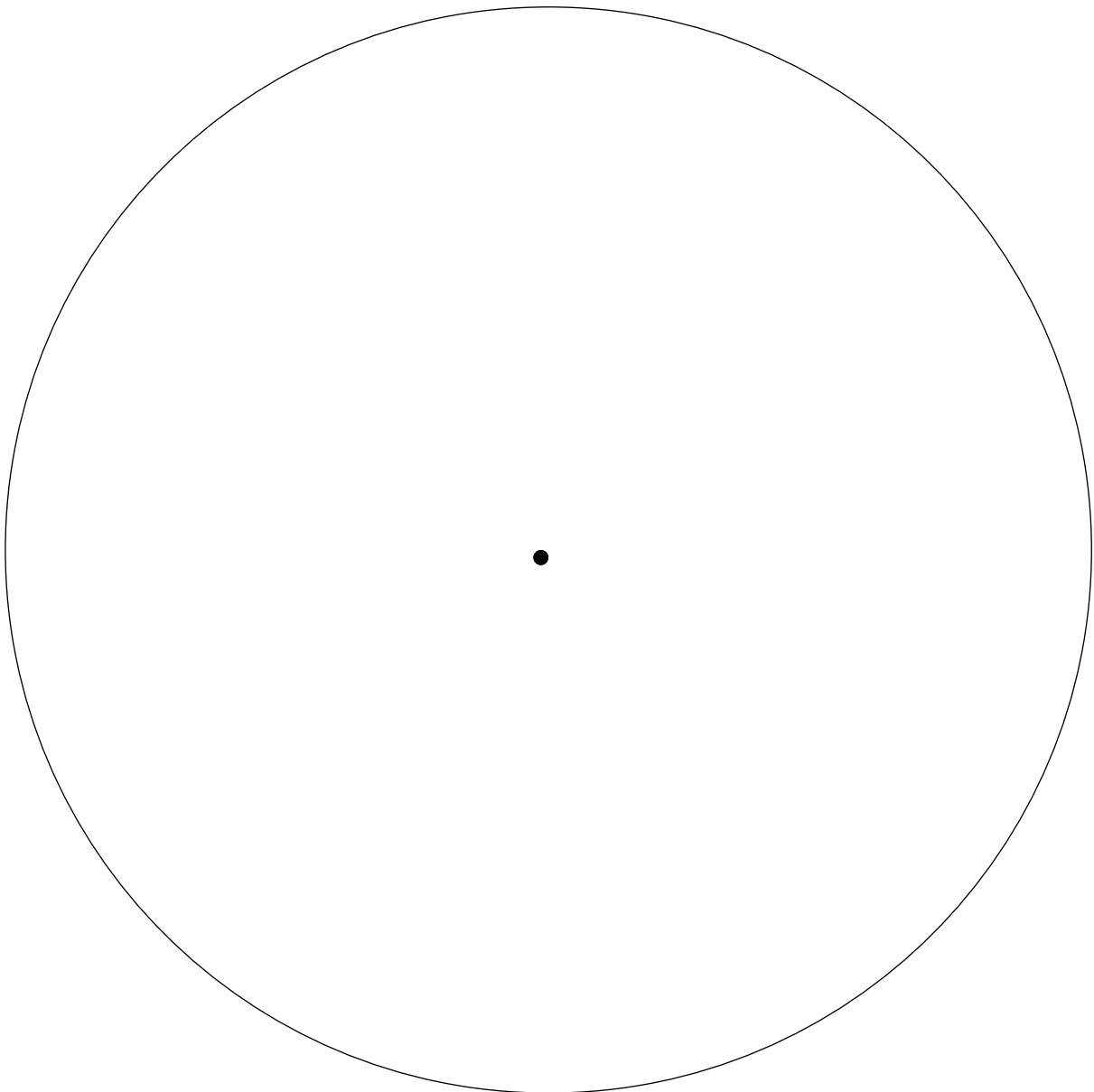
Plumb, J., Stewart, I., Dahl, J. & Lundgren, T. (2009). In search of meaning: Values in modern clinical behavior analysis. *The Behavior Analyst*, 32, 85-103.

## Tool Description

### Instructions

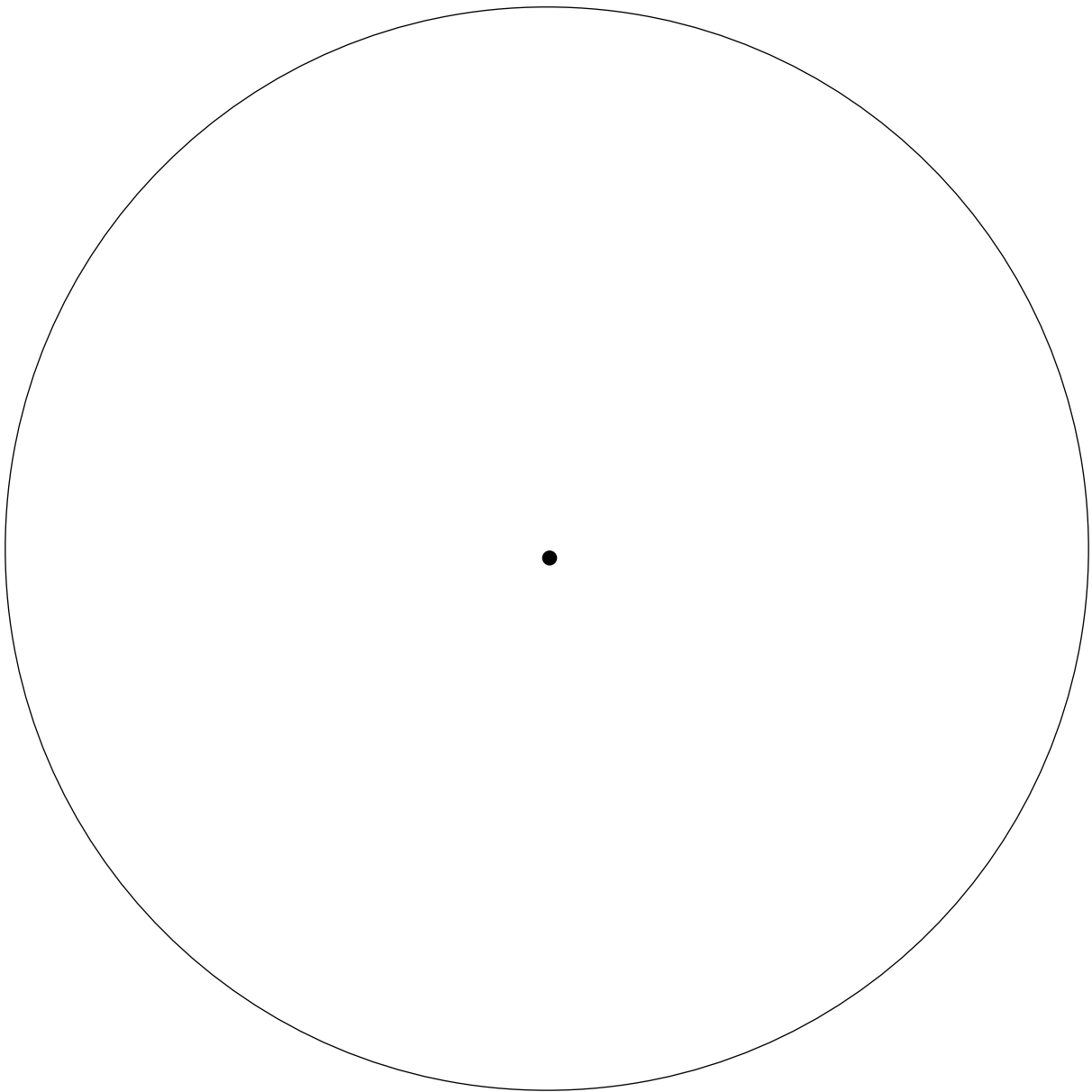
*Part 1:* Divide the circle below into slices, each representing the amount of time you spend on different elements or areas of your life. The larger the slice, the more time you spend on that area. Typical areas of life include: Immediate Family, Community, Neighbourhood, Extended Family, Spirituality, Work, Fun & Recreation, Creativity, Personal Development, Goals & Values, Romance & Love, Volunteering, Money, and Health & Exercise. Feel free to add or remove any of the above items.

This represents your Current Life.



*Part 2:* Now complete the same exercise, using the second circle below, but think about where you would actually want to spend your time. What makes you happy? What gives you peace of mind?

This represents your Ideal Life.



*Part 3:* Take some time to reflect on the following questions as a form of self-evaluation:

1. What's the difference between your current versus ideal circle?
2. Did you notice any inconsistencies?
3. What prevents you from taking action to make your "current life" closer to your "ideal life"? Are there internal or external barriers? Which barrier is the biggest one for you to overcome right now?
4. How could you align your life with your true priorities? It takes changing and reframing habits to change your life. What small and manageable new practices could you implement to work towards your ideal values circle?

To help you get closer to your ideal, make copies of your ideal wheel and hang it in a place you will see every day. Seeing your ideal wheel on a regular basis will remind you, and help you make values-based decisions daily.