

WHAT IS IMPORTANT



TO YOU

04

VALUES

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List 10 Things that You Value

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Write 10 things in your life that you love to do or would love to do someday or things that you love possessing or would love to have some day. They can be big things or little things.

They can be concrete things (things that you can see and touch – like a car) or abstract things (things you can only think and feel about – like justice).

List 10 Things that You Value



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Cost Money To Do or Have

Go back and put a dollar sign (\$) next to the left of each item on your list that costs money to do or have.

List 10 Things that You Value

\$

1.

2.

A

3.

4.

5.

6.

7.

8.

9.

10.

Like to Do Alone or Don't Like to Share

Go back and put the letter "A" on the left side beside each item that you prefer to do alone or not to share.

List 10 Things that You Value

\$

1.

2.

A

3.

4.

O

5.

6.

7.

8.

9.

10.

Like to Do With Others or Like to Share

Go back and put the letter "O" beside each item that you prefer to do with others or to share.

List 10 Things that You Value

\$

1.

2.

A

3.

4.

O

5.

6.

P

7.

8.

9.

10.

Go back and put the letters "P" next to those things that require planning to do or to obtain.

Things that require planning

List 10 Things that You Value

- \$ 1.
2.
A 3.
4.
O 5.
6.
P 7.
8.
L 9.
10.

Now, go back and place an "L" next to those things that you think will likely still be on your list a long time from now.

**Will Probably Still be on List
a Long Time from Now**

List 10 Things that You Value

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Circle the number of the Top 3 Things You Value the Most

Go back and circle the top 3 things you value the most

Getting What You Want



Does Not Mean You
are Self-Centered

We may want things for others

List 10 Things that You Value

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Look at your list of values. Are any of them things you want for others. If not add one.

We value things (objects and experiences) that we believe will help us feel good or things that we believe will help free us from things we don't like.

I have problems because the of things I want.



I have problems because of the way I go about getting the things I want.



The things we **have and want** and how we go about **getting and keeping** them can cause us problems.

This chart represents all of the things we value. If we have a lot of things that we value. If we have a lot of things that want to keep in or lives and if we want a lot of things (that we don't yet have), we are at the top of the line. If we don't value many things, we would be at the bottom of the line.

All of the Things We Value Haves and Wants

HIGH



LOW



HAVES AND WANTS

HIGH



LOW



People can have difficulties in life if the things they want are unrealistic and incompatible. Unrealistic wants are things we want that we cannot realistic obtain. No matter how competent you are, if you want something you cannot realistic obtain, you will fail and then feel bad. Incompatible have and wants, on the other hand, means you want things that clash. When you get one, you screw up another.

UNREALISTIC & INCOMPATIBLE HAVES AND WANTS

HAVES AND WANTS



An example of a want that is not realistic might be wanting to do whatever you want to do – regardless of the law - and expect to be left alone. Write the number 11 on your paper and list 3 other examples of unrealistic wants.

UNREALISTIC & INCOMPATIBLE HAVES AND WANTS

HAVES AND WANTS

HIGH



LOW

An example of a want that is not compatible with other things a person values might be liking Meth, but also liking freedom – if he uses, he risks loosing his freedom. Write the number 12 on your paper and list 3 other examples of incompatible haves and wants.

UNREALISTIC & INCOMPATIBLE HAVES AND WANTS

HAVES AND WANTS

HIGH



LOW



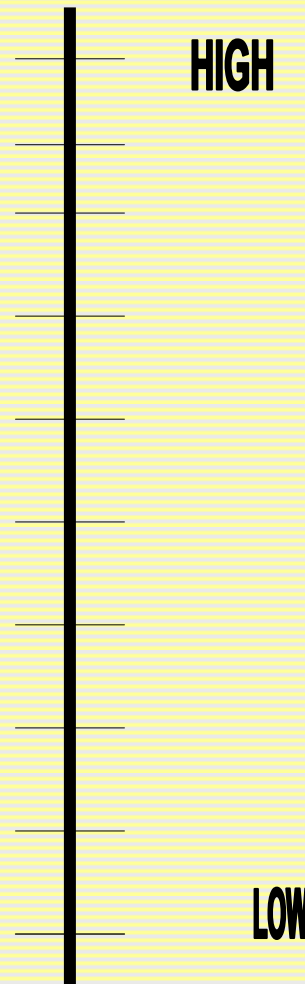
Look at you list again. Are any of them unrealistic? Are there things on your list that are incompatible with other more important things? Write the number 13 on your paper and then write your answer to these questions and explain why you think that way.

UNREALISTIC & INCOMPATIBLE HAVES AND WANTS

How Good are We At Getting Values

GETTING & KEEPING

This column represents our ability to get and keep those things we have and want. If we are doing a good job getting what we want, we are at the top of the line. If we are doing a poor job, we are at the bottom of the line.



LOW

Haves and Wants

GETTING & KEEPING

HIGH



HIGH

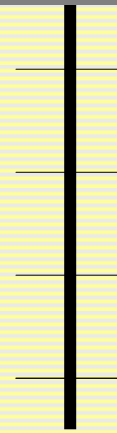


If we put the two together we can have a graphic representation of what goes on in our lives when we are getting the things we want and when we are not.

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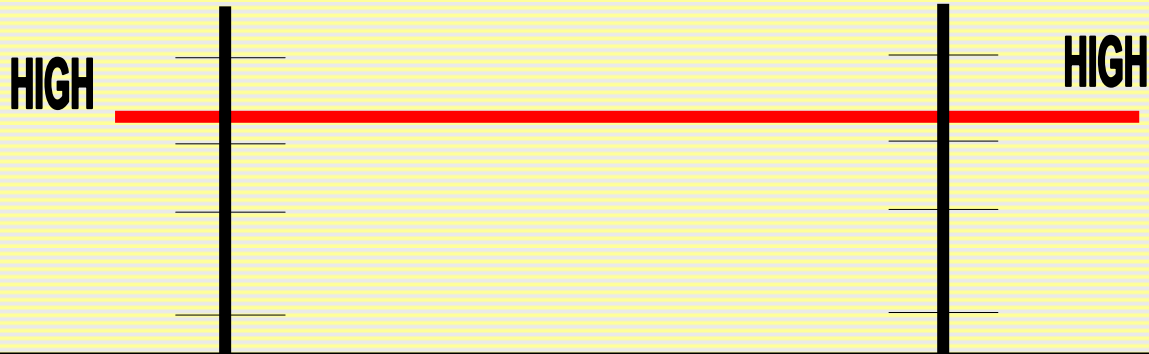


LOW



Haves and Wants

GETTING & KEEPING



Write the number 14 on your paper. Then write how you feel when your overall haves and wants match you getting and keeping? Or, in other words, when you are doing a good job at getting what you want.

LOW

LOW

Haves and Wants

GETTING & KEEPING

HIGH

HIGH

POWER
CONTROL
ELATION
or
PLEASURE
SATISFACTION
JOY

Did you write something like these?

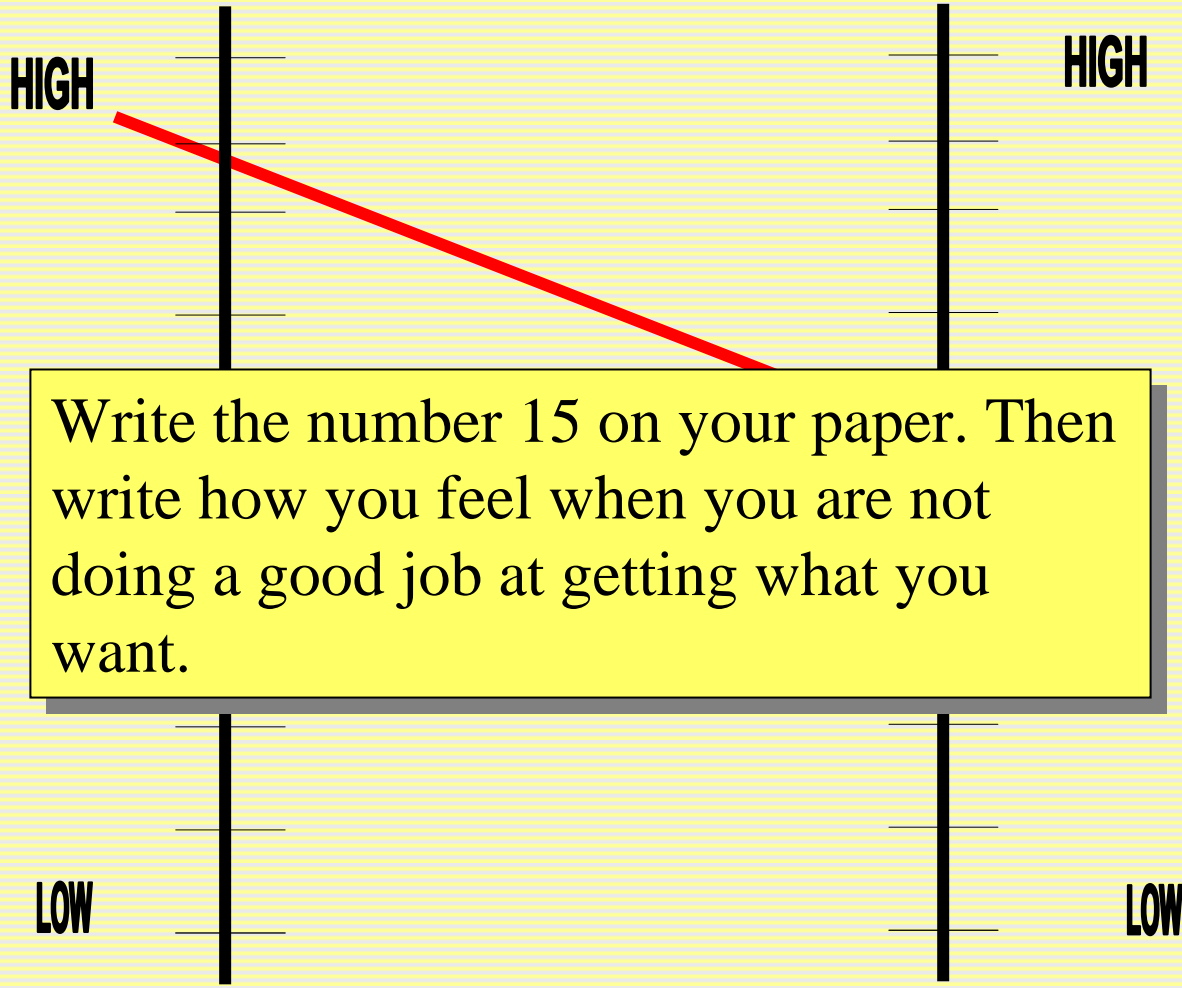
LOW

LOW

Happy
Fulfilled

Haves and Wants

GETTING & KEEPING



Haves and Wants

GETTING & KEEPING

HIGH

HIGH

Did you write something like these?

Sad

Angry

Afraid

Worried

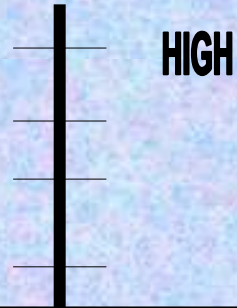
Unfulfilled

Discontented

LOW

LOW

GETTING & KEEPING



Sometimes we have problems in life because of the way we go about getting what we want. Like a person who wants friends, but tries too hard and drives people away. Often we do a poor job of getting what we want when we feel angry, sad, worried or afraid.



INCOMPETENT MEANS OF ACHIEVEMENT

GETTING & KEEPING

— | — HIGH



Sometimes people don't get what they want because they let their emotions get in the way. An example, you want a job but get mad at the interviewer and call him an idiot when he questions you about something on your application. Write the number 16 on your paper and then list 3 other examples of not getting what you want because of emotions.

— | — LOW

INCOMPETENT MEANS OF ACHIEVEMENT

GETTING & KEEPING

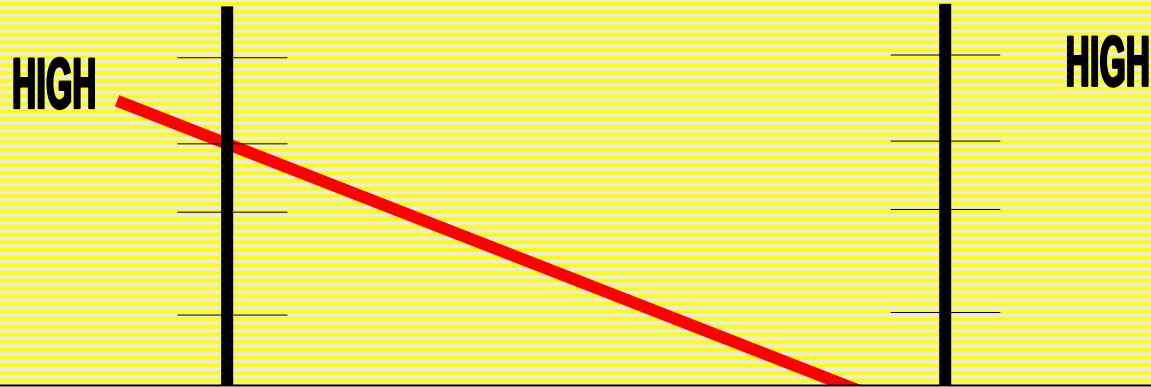


Look at your list again. Are there things on it that you are not getting because of the way you go about trying to get them? If so, which things? Is that because you are careless (not paying enough attention), reckless (taking too many chances), don't know how to get what you want without creating other problems, too impulsive, alcohol or other drugs use is interfering with clear thinking, because of poor problem solving skills, or some other reason? Write the number 17 on your paper and then your answers to these question, along with why you think this is so.

INCOMPETENT MEANS OF ACHIEVEMENT

Have and Wants

GETTING & KEEPING



No one gets what they want all the time. Sometimes you do things that don't turn out the way you wanted. Sometimes other people interfere.

Sometimes what you want messes up something else you want.

When you are not getting what you want, you have three choices:

LOW

LOW

Haves and Wants

GETTING & KEEPING

~~PROBLEM SOLVE^{GH}~~

~~COPE~~

Muddle Through

LOW

LOW

PROBLEM SOLVE

Changing things on the outside

so that they are fixed or do not happen again.

Problem solving means to fix the problem so that you get what you want, either now or the next time. You change those things outside of you. An example of problem solving might be that you are late to work a lot because you over sleep, so you go buy an alarm clock.

DYSREASONING EFFECT

Remember when we talked about dysreasoning effects? Dysreasoning effects interfere with good problem solving. If you are having problems, dysreasoning effects must be dealt with.

Impulsivity

(temperament/stress)

Emotional Hijacking

Clouded Judgment

Irrational Beliefs

Avoidance Strategies

Alcohol and Other Drugs

Mental Disorder

COPE

**Changing how we feel on the inside
so that we can live with something
that we cannot change.**

There are times when you are not getting what you want and you cannot fix it. Coping is changing how we feel inside, so that we can live with something we cannot change.

Reappraising What you Want

It means cutting yourself loose from something you cannot have, so that not having it does not haunt you. You just don't want it anymore.



Letting Go
of What You Can't
Have

HAVES AND WANTS

HIGH



Coping means getting rid of unrealistic wants and reprioritizing your haves and wants.

LOW

UNREALISTIC & INCOMPATIBLE WANTS

God
grant me the Serenity to
accept the things I cannot change
Courage to change the things I can
and the Wisdom to know the difference.

These ideas are nothing new. They are exemplified in the Serenity Prayer. God grant me the serenity to accept the things I cannot change – which means coping. Courage to change the things I can – which means problem solving. And the wisdom to know the difference.

Muddle Through

**Not liking the situation
but taking no action to
deal with it**

The last option is not a good one. Muddling-through means that you are not getting what you want, you don't like what is going on, but that you do not do anything to change it. You just wait out the bad experience and hope things will get better.

For example, you have a coworker who is very bossy, but is not the boss. Rather than complain to the real boss, or accept the coworker for what he is, you just grip all the time.

Muddle Through

People often Muddle-through rather than problem solve or cope. For example, go drinking when you have a fight with you partner. Write the number 18 on your paper and then list 3 examples of muddle-through.

Muddle Through

Write the number 19 on your paper and then write why you think people sometimes muddle-through rather than problem solve or cope?



There is also a type of Muddling-through called the Phantom-Fix. It involves not getting what you want, not liking that you are not getting it, but not taking steps to problem-solve or to cope. Rather you do something that makes you feel good, so that you forget about the problem for a while, but whatever it is that you are doing to make yourself feel good is only making the real problem worse.



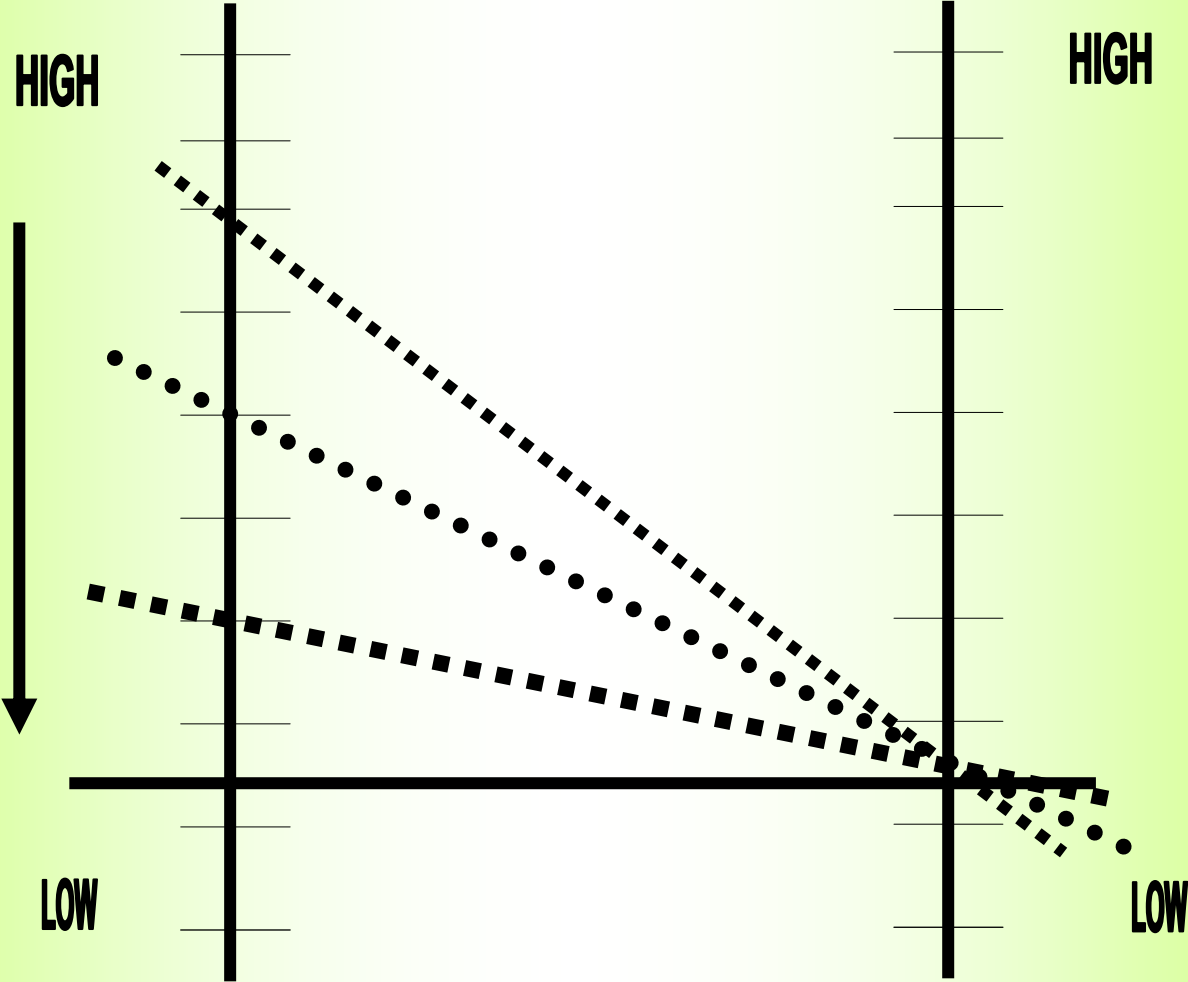
Write the number 20 on your paper and then list 3 examples of people using a phantom fix.



Did you write things like drinking, using drug, gambling, shopping or overeating?

Haves and Wants

GETTING & KEEPING

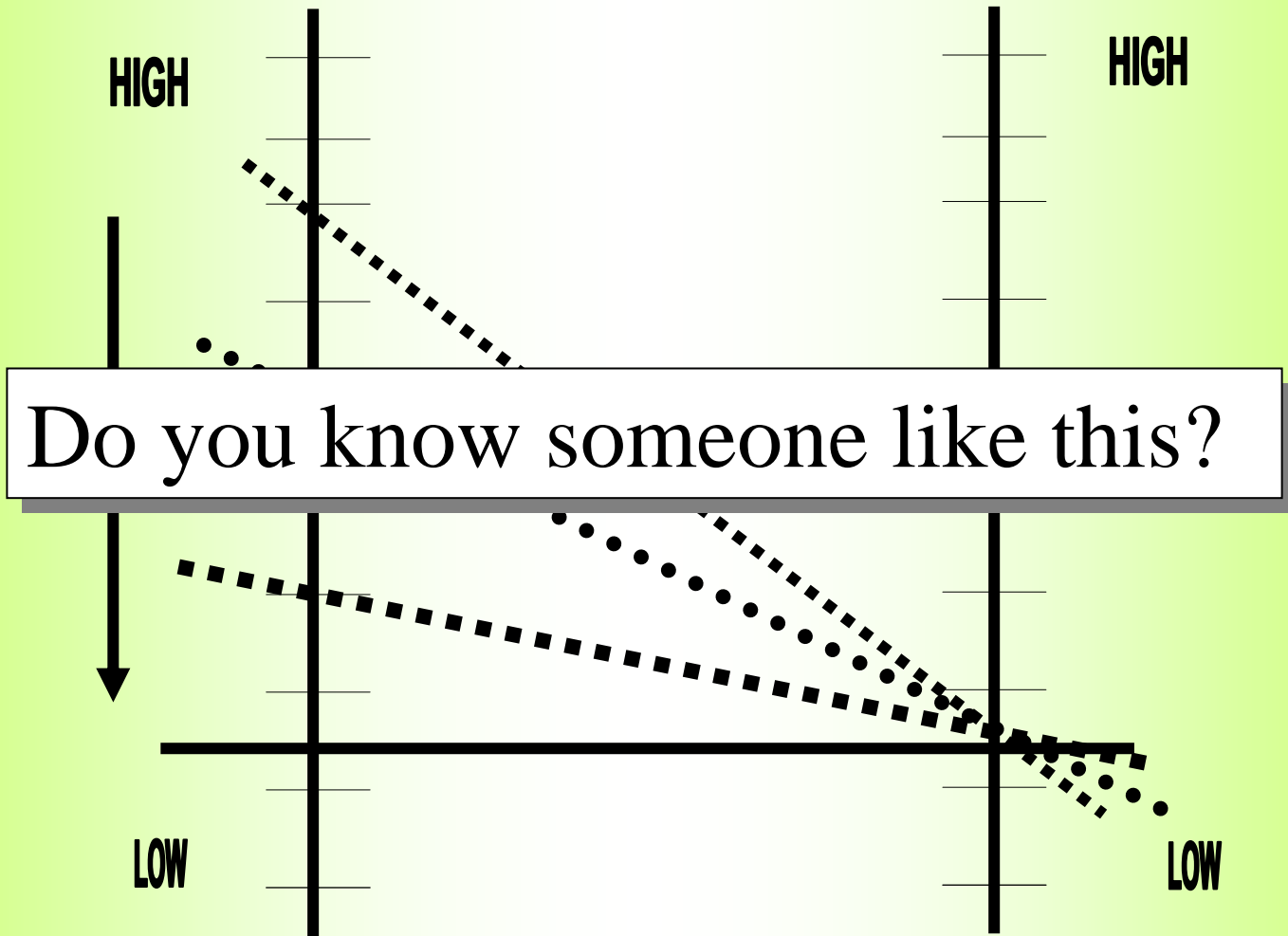


If a person makes a habit of not dealing with problems very well, one of three things can happen. One is that they can go for years muddling-through, not getting what they want, and feeling bad. Or they can take the phantom-fix and feel good for a little while and then bad and then good and then bad. And so on. Then in the mean time, their problems keep getting worse and worse. Their problems become more intense. They become more frequent. They last longer. They start to spread into other areas of their lives and the temporarily good feelings get smaller and smaller.

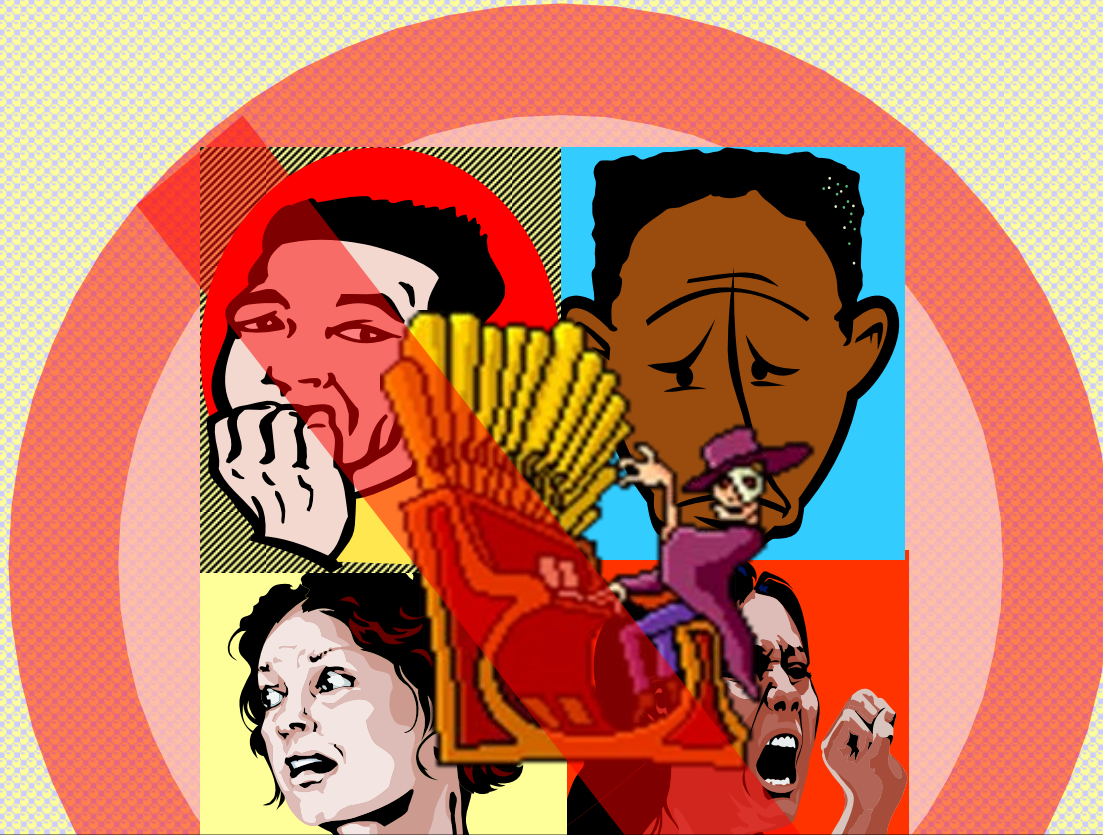
Or, they can start giving up the things they value. For example, "If my wife doesn't want me to drink. I'll get ride of her." Or, "If my boss keeps giving me a hard time about being late, I'll just quit." Eventually, they have given up most of the things that they value. Then they don't feel bad, they feel numb.

Haves and Wants

GETTING & KEEPING



AVOIDANCE STRATEGIES



Do you remember when we recently discussed avoidance strategies? This is when people muddle through because their emotions are telling them to ignore their problems. If you have problems and are muddling through, you need to eliminate any avoidance strategies or phantom fixes you might be using. You need to start problem solving or coping. Otherwise all of your problems will get worse and worse.

1) "I really wanted that job. That interviewer was a jerk. They all are. What's the point of trying?"

2) "I really wanted that job. I'll finish my GED. That'll help the next time there is an opening."

3) "I really wanted that job. Screw it. I'm getting high."

4) "I really wanted that job, but someone else got it. That's life I guess. There's always next time"

5) "I really wanted that job. How am I going to pay my bills? I don't want to think about it."

6) "I really wanted that job. Dammit." Then he kicks the dog.

Write the number 21 on a piece of paper. Then write the number of the situation and the letter of the label you think matches that situation. For example, 2C.

A) **Muddling-through** by ignoring the problem.

B) **Coping** (Changing how you feel on the inside in a useful way)

C) **Problem Solving** (fixing the problem)

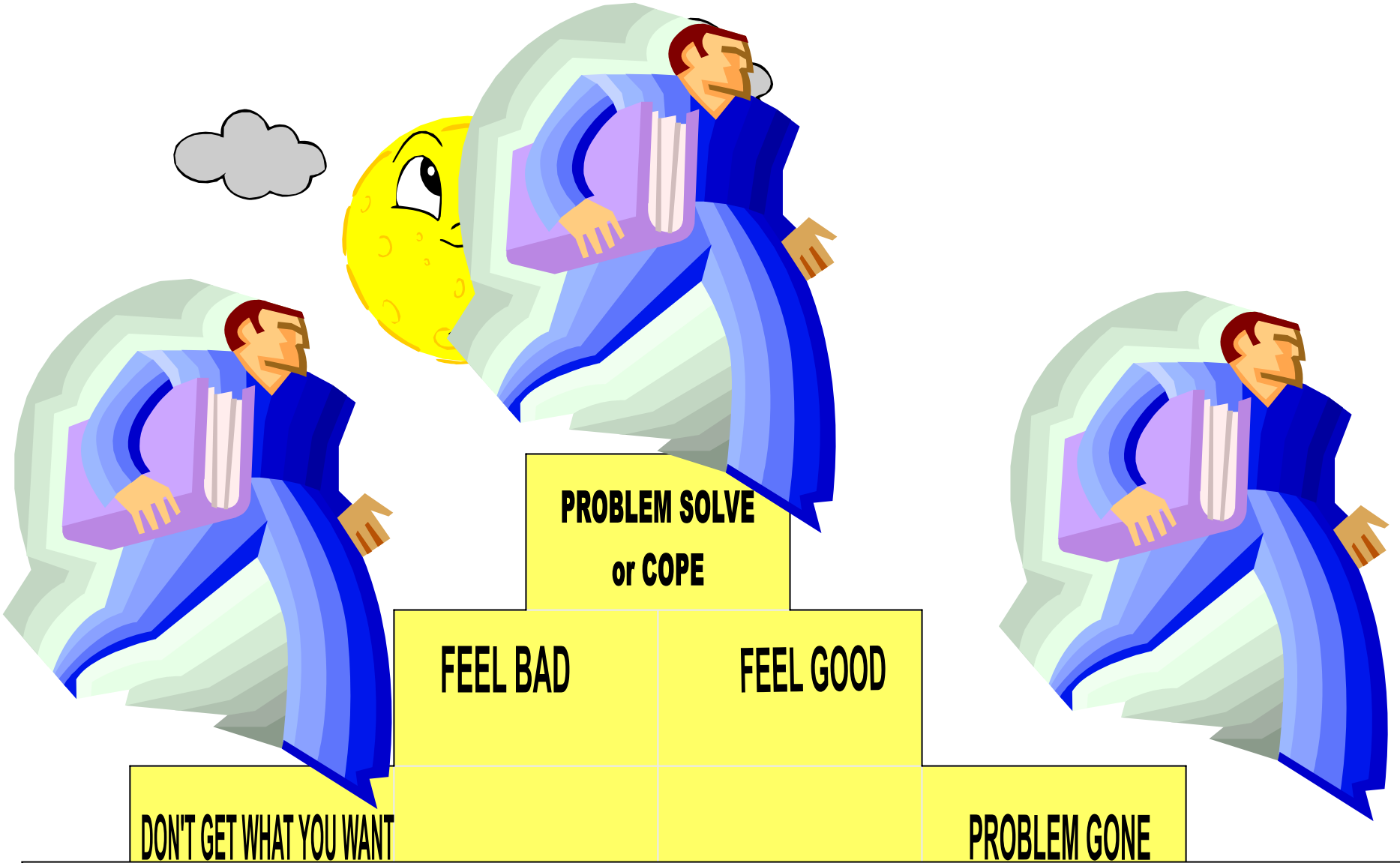
D) **Phantom Fix** (doing something that makes you feel powerful so that you don't think about your problems)

E) **Muddling-through** using blame (not seeing self as part of the problem)

F) **Phantom Fix** (doing something that makes you temporary feel good, but doesn't fix the problem)

Did You Answer This Way:

- 1) E) **Muddling-through** using blame (not seeing self as part of the problem) “I really wanted that job. That interviewer was a jerk. They all are. What’s the point of trying?”
- 2) C) **Problem Solving** (fixing the problem) “I really wanted that job. I’ll finish my GED. That’ll help the next time there is an opening.”
- 3) F) **Phantom Fix** (doing something that makes you temporary feel good, but doesn’t fix the problem) “I really wanted that job. Screw it. I’m getting high.”
- 4) B) **Coping** (Changing how you feel on the inside in a useful way) “I really wanted that job, but someone else got it. That’s life I guess There’s always next time.”
- 5) A) **Muddling-through** by ignoring the problem. “I really wanted that job. How am I going to pay my bills? I don’t want to think about it.”
- 6) D) **Phantom Fix** (doing something that makes you feel powerful so that you don’t think about your problems) “I really wanted that job. Dammit.” Then he kicks the dog.



We must face our bad feelings and problem-solve or cope. In doing so, the problem will be gone and we will feel better in a way that maintains the stability and integrity of all of the things we value.

Write the number 22 on your paper and then write one of things you value that you are not currently getting? Then write how that makes you feel. Write what you think about not getting it? Then write how you are dealing with it:

Problem Solving

Coping

Muddling-through – Blaming

Muddling-through – Avoidance Strategies

Phantom Fix

Power Fix

THE
END

