

DBT Aftercare Topic

Personal Values / Goals

Personal values are **how you differentiate between “good” and “bad” in your community, culture, or society**. They're what you view as the ideal standards of behavior, like patience and honesty. You probably have some guiding principles in your life that inform your decision making, goal setting, and overall disposition. Identifying and understanding your values is a challenging and important exercise. Your personal values are a central part of who you are – and who you want to be. By becoming more aware of these important factors in your life, you can use them as a guide to make the best choice in any situation.

Define Your Top Personal Core Values

- When you define your personal core values, you discover what's truly important to you. A good way of starting to do this is to look back on your life – to identify when you felt really good, and really confident that you were making good choices.
 - Step 1: Identify the times when you were happiest
 - What were you doing?
 - Were you with other people? Who?
 - What other factors contributed to your happiness?
 - Step 2: Identify the times when you were most proud
 - Why were you proud?
 - Did other people share your pride? Who?
 - What other factors contributed to your feelings of pride?
 - Step 3: Identify the times when you were most fulfilled and satisfied
 - What need or desire was fulfilled?
 - How and why did the experience give your life meaning?
 - What other factors contributed to your feelings of fulfillment?
 - Step 4: Determine your top values, based on your experiences of happiness, pride, and fulfillment
 - Below is a list of 250+ personal core values for assistance, and there are more that exist. Choose your top 10 personal core values:

Common Personal Core Values



List of 250+ Core Values

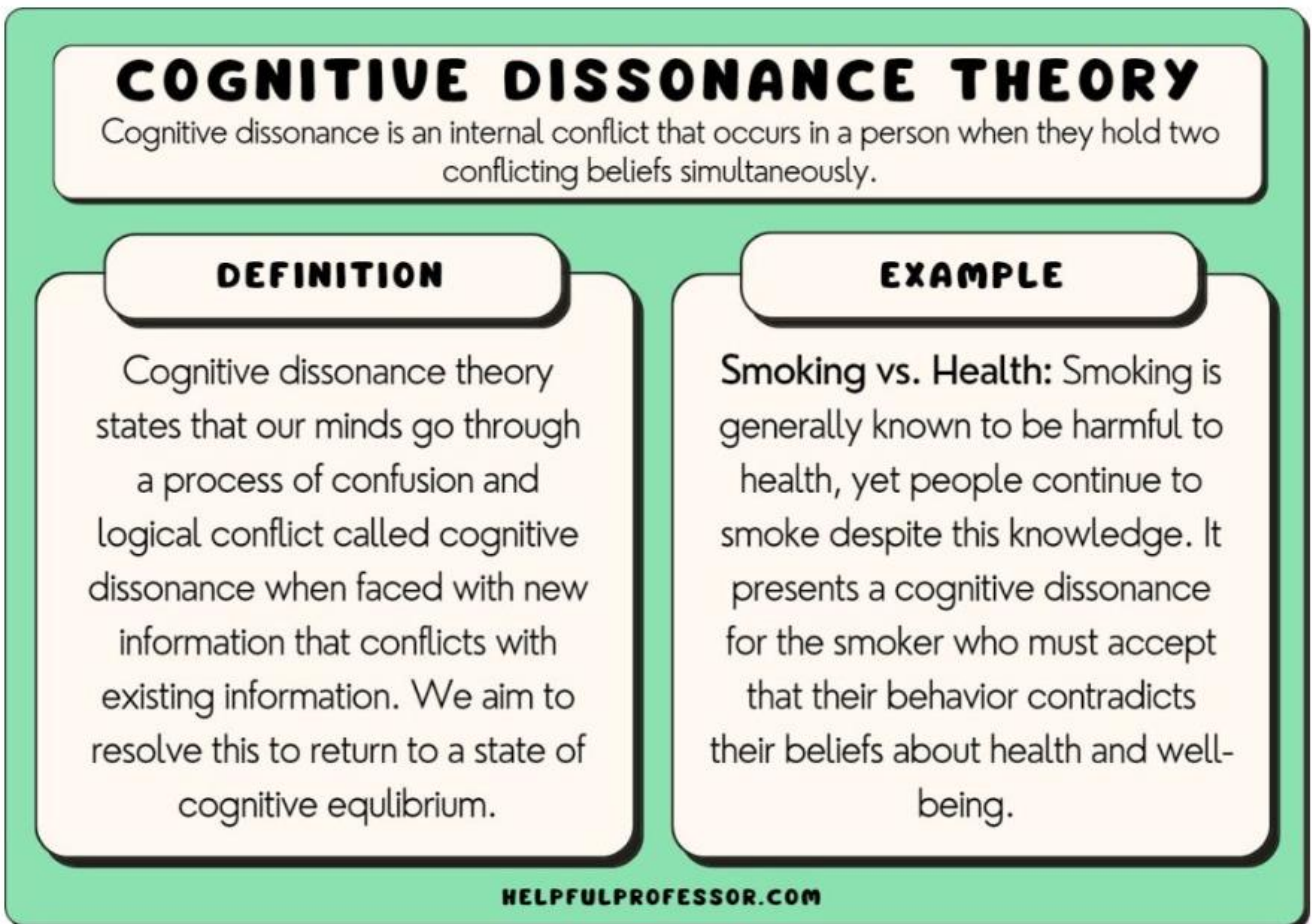
Knowing your personal core values is essential to living your most authentic and purposeful life. However, only 1 in 10,000 people can name their top values! If you feel lost, confused, or unhappy with how your life plan is playing out, you can get back on track by finding your core values.

Abundance	Contentment	Fortitude	Meaning	Silence
Acceptance	Contribution	Freedom	Moderation	Simplicity
Accomplishment	Control	Friendship	Motivation	Sincerity
Accountability	Conviction	Frugality	Openness	Skill
Accuracy	Cooperation	Fun	Optimism	Skillfulness
Achievement	Correctness	Generosity	Order	Smart
Adaptability	Courage	Genius	Organization	Sobriety
Adventure	Courtesy	Giving	Originality	Solitude
Affection	Creation	Goodness	Passion	Spirit
Affluence	Creativity	Good Health	Patience	Spirituality
Alertness	Credibility	Grace	Peace	Spontaneous
Altruism	Curiosity	Gratitude	Perfection	Stability
Ambition	Decisiveness	Greatness	Performance	Status
Amusement	Dedication	Growth	Persistence	Stewardship
Art	Democracy	Happiness	Personal Growth	Strength
Assertiveness	Dependability	Hard work	Playfulness	Structure
Attentive	Determination	Harmony	Poise	Success
Authority	Development	Health	Popularity	Support
Awareness	Devotion	Helping others	Potential	Surprise
Balance	Dignity	Honesty	Power	Sustainability
Beauty	Diligence	Honor	Present	Talent
Belonging	Discipline	Hope	Productivity	Teamwork
Be Of Service	Discovery	Humility	Professionalism	Temperance
Boldness	Drive	Humor	Prosperity	Thankfulness
Bravery	Effectiveness	Imagination	Purpose	Thorough
Brilliance	Efficiency	Improvement	Quality	Thoughtful
Calm	Empathy	Independence	Realistic	Timeliness
Candor	Empower	Individuality	Reason	Tolerance
Capable	Endurance	Influence	Recognition	Toughness
Careful	Energy	Ingenuity	Recreation	Tradition
Certainty	Enjoyment	Innovation	Reflective	Tranquility
Challenge	Enthusiasm	Inquisitive	Relationships	Transparency
Change	Equality	Insightful	Religion	Trust
Charity	Ethics	Inspiring	Resourcefulness	Trustworthy
Cheerfulness	Excellence	Integrity	Respect	Truth
Cleanliness	Excitement	Intelligence	Responsibility	Understanding
Clear	Experience	Intensity	Restraint	Uniqueness
Clever	Exploration	Intuitive	Results-oriented	Unity
Comfort	Expression	Joy	Reverence	Valor
Commitment	Fairness	Justice	Rigor	Versatility
Common sense	Faith	Kindness	Risk	Victory
Communication	Fame	Knowledge	Safety	Vigor
Community	Family	Lawful	Satisfaction	Vision
Compassion	Fearless	Leadership	Security	Vitality
Competence	Feelings	Learning	Self-reliance	Warmth
Competition	Ferocious	Liberty	Selfless	Wealth
Concentration	Fidelity	Logic	Sensitivity	Welcoming
Confidence	Fitness	Love	Serenity	Well-being
Connection	Financial Well-being	Loyalty	Service	Winning
Consciousness	Focus	Mastery	Sharing	Wisdom
Consistency	Foresight	Maturity	Significance	Wonder

- Step 5: Prioritize your top values
 - This step is probably the most difficult, because you'll have to look deep inside yourself. It's also the most important step. Write down your top values, not in any particular order.
 - Look at the first two values and ask yourself, "If I could satisfy only one of these, which would I choose?" It might help to visualize a situation in which you would have to make that choice.
 - Keep working through the list, by comparing each value with each other value, until your list is in the correct order.

- Step 6: Reaffirm your values
 - Check your top-priority values, and make sure that they fit with your life and your vision for yourself.
 - Do these values make you feel good about yourself?
 - Are you proud of your top three values?
 - Would you be comfortable and proud to tell your values to people you respect and admire?
 - Do these values represent things you would support, even if your choice isn't popular, and it puts you in the minority?

Do they align with current actions? Cognitive dissonance is the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change.



Setting Your Goals

Goals can be set on a number of levels:

1. Create your "big picture" of what you want to do with your life and identify the large-scale goals that you want to achieve.
2. Break these down into the smaller and smaller targets that you must hit to reach your lifetime goals. Work down to the things that you can do in, say, the next five years, then next year, next month, next week, and today, to start moving towards them.
3. Create a plan that you will start working on to achieve these goals.

- Step 1: Setting Lifetime Goals

- The first step in setting personal goals is to consider what you want to achieve in your lifetime (or at least, by a significant and distant age in the future). Try to set goals in some of the following categories (or in other categories of your own, where these are important to you):
 - **Career** – What level do you want to reach in your career, or what do you want to achieve?
 - **Financial** – How much do you want to earn, by what stage? How is this related to your career goals?
 - **Education** – Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve other goals?
 - **Family** – Do you want to be a parent? If so, how are you going to be a good parent? How do you want to be seen by a partner or by members of your extended family?
 - **Artistic** – Do you want to achieve any artistic goals?
 - **Attitude** – Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? (If so, set a goal to improve your behavior or find a solution to the problem.)
 - **Physical** – Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
 - **Pleasure** – How do you want to enjoy yourself? (You should ensure that some of your life is for you!)
 - **Public Service** – Do you want to make the world a better place? If so, how?

- Step 2: Setting Smaller Goals

- Set a five-year plan of smaller goals that you need to complete if you are to reach your lifetime plan.
- Then create a one-year plan, six-month plan, and a one-month plan of progressively smaller goals that you should reach to achieve your lifetime goals. Each of these should be based on the previous plan.

- Create a daily To-Do List of things that you should do today to work towards your goals.
- Note: Be sure to review your plans periodically to keep yourself on track.

SMART Goals

- **S** – Specific (or Significant).
- **M** – Measurable (or Meaningful).
- **A** – Attainable (or Action-Oriented).
- **R** – Relevant (or Rewarding).
- **T** – Time-bound (or Trackable).
 - For example, instead of having "to sail around the world" as a goal, it's more powerful to use the SMART goal "To have completed my trip around the world by December 31, 2027." Obviously, this will only be attainable if a lot of preparation has been completed beforehand!

Further Tips for Setting Your Goals

- State each goal as a positive statement – Express your goals positively – "Execute this technique well" is a much better goal than "Don't make this stupid mistake."
- Be precise – Set precise goals, putting in dates, times and amounts so that you can measure achievement. If you do this, you'll know exactly when you have achieved the goal, and can take complete satisfaction from having achieved it.
- Set priorities – When you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by having too many goals, and helps to direct your attention to the most important ones.
- Write goals down – This crystallizes them and gives them more force.
- Keep operational goals small – Keep the low-level goals that you're working towards small and achievable. If a goal is too large, then it can seem that you are not making progress towards it. Keeping goals small and incremental gives more opportunities for reward.
- Set performance goals, not outcome goals – You should take care to set goals over which you have as much control as possible. It can be quite dispiriting to fail to achieve a personal goal for reasons beyond your control! In business, these reasons could be bad business environments or unexpected effects of government policy. In sport, they could include poor judging, bad weather, injury, or just plain bad luck. If you base your goals on personal performance, then you can keep control over the achievement of your goals, and draw satisfaction from them.
- Set realistic goals – It's important to set goals that you can achieve. All sorts of people (for example, employers, parents, media, or society) can set unrealistic goals for you. They will often do this in ignorance of your own desires and ambitions. It's also possible to set goals that are too difficult because you might not appreciate either the obstacles

in the way, or understand quite how much skill you need to develop to achieve a particular level of performance.

Achieving Goals

- Be sure to take time to enjoy the satisfaction of achieving your goals.
- If the goal was a significant one, reward yourself appropriately. All of this helps you build the self-confidence you deserve.
- Be sure to review the rest of your goal plans:
 - If you achieved the goal too easily, make your next goal harder.
 - If the goal took a dispiriting length of time to achieve, make the next goal a little easier.
 - If you learned something that would lead you to change other goals, do so.
 - If you noticed a deficit in your skills despite achieving the goal, decide whether to set goals to fix this choice.

Information pulled from the locations below:

<https://www.mindtools.com/a5eygum/what-are-your-values>

<https://www.mindtools.com/a5ykiuq/personal-goal-setting>