

VALUES

Setting Realistic Goals

What are Values?

- Deep down inside, what is important to the client?
- What does he/she want their life to stand for?
- What sort of qualities do they want to cultivate as a person?
- How do they want to be in their relationships with others?
- Values are our heart's deepest desires for the way we want to interact with and relate to the world, other people, and ourselves. They are leading principles that can guide us and motivate us as we move through life.

Values

- Values are not the same as goals.
- Values are directions we keep moving in, whereas goals are what we want to achieve along the way.
- A value is like heading North; a goal is like the river or mountain or valley we aim to cross whilst travelling in that direction.
- Goals can be achieved or 'crossed off', whereas values are an ongoing process. For example, if you want to be a loving, caring, supportive partner, that is a value – an ongoing process.

Goals and Values

- If you stop being loving, caring and supportive, then you are no longer a loving, caring, supportive partner; you are no longer living by that value.
- In contrast, if you want to get married, that's a goal - it can be 'crossed off' or achieved.
- Once you're married, you're married – even if you start treating your partner very badly.
- If you want a better job, that's a goal. Once you've got it - goal achieved.
- But if you want to fully apply yourself at work, that's a value – an ongoing process.

Establishing Values

- The visitor at your own wake question
- The Tombstone question
- Name 3 things you want your life to stand for?
- Name 3 things that are important or Valuable to you personally?

Establishing a Client's Values Using the Valued Living Questionnaire

- Not everyone has the same values, and this is not a test to see whether you have the "correct" values.
- Think about each area in terms of general life directions, rather than in terms of specific goals.
- There may be certain areas that you don't value much; you may skip them if you wish.
- There may be areas that overlap – e.g. if you value hiking in the mountains, that may come under both physical health and recreation.
- It is also important that you write down what you would value if there were nothing in your way. What's important? What do you care about? And what you would like to work towards?

Example

Family relations: What sort of brother/sister, son/daughter, uncle/auntie do you want to be?

What personal qualities would you like to bring to those relationships?

What sort of relationships would you like to build?

How would you interact with others if you were the ideal you in these relationships?

Importance:										Area	Consistency over the past week:																		
Not at all											Not at all consistent										Extremely Consistent								
1 2 3 4 5 6 7 8 9 10										1. Family, other than marriage or parenting.	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										2. Intimate relations	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										3. Care giving	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										4. Friends / social life	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										5. Work	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										6. Education / training	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										7. Recreation / fun / sport / music etc.	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										8. Spirituality / faith	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										9. Citizenship / community life	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										10. Physical self-care (diet, exercise, sleep)	1 2 3 4 5 6 7 8 9 10																		
1 2 3 4 5 6 7 8 9 10										11. Mental Health/Mental Wellbeing	1 2 3 4 5 6 7 8 9 10																		

Illness and its impact on leading a valued life

Questions to ask your clients

- How do your current difficulties impact on your identified **VALUES**?
- Does your current behaviour help or get in the way of you pursuing your **VALUES**?
- What are you **WILLING** to do to overcome these barriers?
- Are you **WILLING** to put up with an increase in distress and anxiety or depression if it means following your identified **VALUES**?

- Many people want to change but are not prepared for discomfort. However, all change brings some degree of distress and uncertainty.
- You can't get a job without the hassle of an interview. You can't learn to ride a bike without the fear of falling off. You can't give up alcohol without the craving for alcohol. You can't bare a child without the pain of childbirth. You can't present a piece of work without the fear of being criticized and it being rejected.
- All change is challenging. Staying the same is often thought of as comfortable. However, if your client's life is comfortable then why attend treatment?

You try the same stuff – you get the same stuff

Now find a value laden goal

- American philanthropist Elbert Hubbard:

"Many people fail in life, not for lack of ability or brains or even courage, but simply because they have never organised their energies around a goal."

Define Behaviours Related to a Valued Goal:

- “What would it look like if you were less depressed?”
- “If I saw you and you were feeling happy, what would I see?”
- “If you were not depressed, what things would you be doing?”
- “What things do you do now that you didn’t do before you were depressed/drank/used?”
- “What did you do that you enjoyed that you don’t do anymore?”

Specific

- If I could wave a magic wand and fix everything what would that look like, what would I be doing, what would people see?
- What do I want to achieve?
- Who can assist?
- When?
- Where?
- How?

Measurable

- How will I know I have achieved my goal?
- In what terms can I express the achievement?
- Think in behavioural terms

Agreed

- All parties agree it is a reasonable, achievable goal.

Realistic

Given your:

- Resources
- Knowledge
- Time
- Other commitments

Time-limited

- Setting a date by which I will have addressed and achieved my goal
- Steps that I need to take to work towards that date.
- Enough time given to achieve goal

Tips for goal-setting

- Provide rationale for setting goals:
- “If you can identify what you want to change about your situation, we can then take steps towards that”
- Elicit desired outcomes:
- “List a few things you would like to get out of therapy.”
- Be very specific about what the goal is