

PART Name:

This Part believes in upholding this VALUE/these VALUES:

When did these values develop?

How did these values develop?

Are there specific triggers which bring this Part of you/these values to the forefront?



VALUES

Acceptance: to be open to and accepting of myself, others, life etc

Accountability: being responsible for what I do and able to give a satisfactory reason for it, or the degree to which this happens; obligation to explain, justify, and take responsibility for my actions.

Action: the process of doing something, typically to achieve an aim; the working of one thing on another so as to produce a change.

Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences

Assertiveness: to respectfully stand up for my rights and request what I want

Authenticity: to be authentic, genuine, real; to be true to myself

Balance: harmonious arrangement or relation of parts or elements within a whole; a state of equilibrium or equipoise; equality of distribution

Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc

Caring: to be caring towards myself, others, the environment

Challenge: to keep challenging myself to grow, learn, improve

Change: turn or be converted from one state, form, or substance into another; make different; alter or modify

Compassion: to act with kindness towards those who are suffering





Connection: to engage fully in whatever I am doing, and be fully present with others

Contribution: to contribute, help, assist, or make a positive difference to myself or others

Conformity: to be respectful and obedient of rules and obligations

Cooperation: to be cooperative and collaborative with others

Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty

Creativity: to be creative or innovative

Curiosity: to be curious, open-minded and interested; to explore and discover

Discovery: the act of finding something which had not been known before; finding something **you** did not know about before; the process of finding information, a place, or an object for the first time

Efficiency: to achieve an end goal with little to no waste, effort, or energy; to achieve results by utilizing resources in the best way possible.

Empathy: the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner

Encouragement: to encourage and reward behavior I value in myself or others

Equality: to treat others as equal to myself, and vice-versa

Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling

Fairness: to be fair to myself or others

Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing





Flexibility: to adjust and adapt readily to changing circumstances

Freedom: to live freely; to choose how I live and behave, or help others do likewise

Friendliness: to be friendly, companionable, or agreeable towards others

Focus: to give your full attention to what you are doing or to what is happening

Forgiveness: to be forgiving towards myself or others

Fun: to be fun-loving; to seek, create, and engage in fun-filled activities

Generosity: to be generous, sharing and giving, to myself or others

Genuine: having reputed or apparent qualities or character; actual character not counterfeited, imitated, or adulterated

Grace: courteous goodwill; an attractively polite manner of behaving; the quality or state of being considerate or thoughtful

Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life

Growth: an increase in the size or the importance of something

Helpful: being of service or assistance

Honesty: to be honest, truthful, and sincere with myself and others

Humor: to see and appreciate the humorous side of life

Humility: to be humble or modest; to let my achievements speak for themselves

Industry: to be industrious, hard-working, dedicated

Independence: to be self-supportive, and choose my own way of doing things

Initiative: acting upon my own discretion; independently of outside influence or control





Intimacy: to open up, reveal, and share myself -- emotionally or physically – in my close personal relationships

Integrity: the quality of being honest and having strong moral principles; moral uprightness.

Justice: to uphold justice and fairness

Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others

Learning: the acquisition of knowledge or skills through experience, study, or by being taught.

Love: to act lovingly or affectionately towards myself or others

Mindfulness: to be conscious of, open to, and curious about my here-and-now experience

Order: to be orderly and organized

Open-mindedness: to think things through, see things from other points of view, and weigh evidence fairly.

Patience: to wait calmly for what I want

Perseverance: continued effort to do or achieve something despite difficulties, failure, or opposition; tenacity, the effort required to do something and keep doing it till the end, even if it's hard.

Persistence: to continue resolutely, despite problems or difficulties.

Pleasure: to create and give pleasure to myself or others

Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing

Purpose: an intention or aim; a reason for doing something or for allowing something to happen

Reciprocity: to build relationships in which there is a fair balance of giving and taking

Reliable: consistently good in quality or performance; able to be trusted; dependable





Renewal: to restore to existence and revive; to make extensive changes and rebuild

Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard

Responsibility: to be responsible and accountable for my actions

Romance: to be romantic; to display and express love or strong affection

Safety: to secure, protect, or ensure safety of myself or others

Self-awareness: to be aware of my own thoughts, feelings and actions

Self-care: to look after my health and wellbeing, and get my needs met

Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.

Self-discipline: correction or regulation for the sake of improvement; the ability to make myself do things I know I should do ... even when I do not want to.

Self-control: to act in accordance with my own ideals

Sensuality: to create, explore and enjoy experiences that stimulate the five senses

Service: an act of helpful activity; help; aid: to do someone a service.

Sexuality: to explore or express my sexuality

Spirituality: to connect with things bigger than myself

Skilful-ness: to continually practice and improve my skills, and apply myself fully when using them

Supportiveness: to be supportive, helpful, encouraging, and available to myself or others

Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable





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Vulnerability: willingness to show emotion or to allow my weaknesses to be seen or known

