



**GOOD LIFE
RECOVERY**

Values in Recovery

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Setting Goals at the New Year


- ❖ We discussed last session – that setting goals is important in terms of getting clarity and staying focused on what you want to accomplish in recovery.
- ❖ However, goals are about finite events.
- ❖ They are achievements and once you reach the goal, it's over.



Values


- ❖ Values are something completely different.
- ❖ Values are enduring, eternal guides to living.
- ❖ You cannot achieve a value; you can only manifest it by acting in accordance with it.

S. Hayes, PhD




The Purpose of Values

1. They tell you where to focus your efforts.
2. They tell you where to focus your energy.
3. They provide you with a new source of motivation.




Values and Addiction

- ❖ By definition, our dependence on a substance or behavior means that we lose sight of our direction and dreams.
- ❖ We are led like a bull with a nose-ring, taken where our addiction wants us to go.
- ❖ It explains how women can drink when pregnant, or men drive their kids while under the influence.
- ❖ Why we lie consistently to those we love. And steal.
- ❖ What are the ways that your addiction had you doing things that went against your values?



Values and Addiction

- ❖ So often, in addiction we either rebelling or giving in – 2 sides of the same coin.
- ❖ We don't realize that we are not 'bad' people, we are just caught in the grip of addiction – and our values fall by the wayside.
- ❖ We have been listening to others tell us what we "have to" be and in recovery we must redesign our lives based on what we "want to" be,
- ❖ In order to be the best version of ourselves.



Being Dependent is Living Life from "Have To"

- ❖ In other words, belligerence or defiance are no longer an option to asserting our selves.
- ❖ Nor is passivity, passive aggressiveness or doing nothing.
- ❖ We must develop a healthy sense of who we are, while at the same time being considerate of others, without letting them walk over us, or be in opposition to what we think they 'expect' of us.



Values in Recovery – Shifts us to 'Want To'

- ❖ We see that our suffering, all the things we have been through – the things we did that we are not proud of, that went against our values, are no longer a reason to hate ourselves.
- ❖ Instead, they are a valuable path to help us behave in a way that is in service to our higher ideals and values; to helping others.
- ❖ This is referred to in AA literature as part of the promises of recovery:
"...no matter how far down the scale we have gone, we will see how our experience can benefit others"



Valued Living Questionnaire: by Kelly Wilson

Rate the following on a scale from 1-10

- | | |
|---|--------------------|
| Family (other than marriage or parenting) | |
| Marriage, couples, intimate relations | |
| Parenting | |
| Friends, social life | Community |
| Work | Physical self-care |
| Education, training | The environment |
| Recreation, fun | Art, creativity |
| Spirituality (recovery) | |



Are You Walking Your Walk?

Once you get your scores:

Ask yourself, how consistent have your actions reflected what is important to you and what you value the most.



What are Your Most Important Values and Why?

Bravery	Cleanliness	Community
Compassion	Confidence	Dignity
Discipline	Drive	Empathy
Ethical	Family	Freedom
Friendship	Fun	Grace
Gratitude	Greatness	Generosity
Happiness	Hard Work	Health
Honesty	Independence	Individuality
Joy	Justice	Kindness



What are Your Most Important Values and Why?

Knowledge	Leadership	Learning
Logic	Love	Loyalty
Maturity	Motivation	Organization
Passion	Productivity	Prosperity
Purpose	Respect	Responsibility
Risk	Spirituality	Stability
Strength	Success	Support
Teamwork	Tolerance	Toughness
Transparency	Trustworthy	Truth
Uniqueness	Vitality	Wealth



Journal Your Commitment

Over the next 3 Months:

Take some time to write about why these values matter to you and what you will commit to doing, as you build your life in recovery, knowing you are not striving for perfection, but rather living with humility, which is:

"...an accurate appraisal of myself with a desire to become even more"

Bill Wilson