

iVY

Comprehensive, tailored, technology-based
intervention to improve virologic suppression
among youth and young adults living with HIV

Supplemental Materials



Video Counseling Guide Focused Sessions			
Week	Session Type	Session Topic	Menu Topics
13	Intro Session	Welcome and overview	--
14	Core Sessions (5)	Pros and Cons	--
15		SMART Goals	--
16		Action Plan	--
17		Monitor Outcomes	--
18		7 Steps of Problem Solving	--
19	Menu (5)	Chose from the menu -->	- Pleasurable Activities - Stress and Coping - Effective Communication - Healthy Boundaries - Practicing Acceptance - CBT (thought-emotion connection) - Identifying Values - Triggers - Motivation
20			
21			
22			
23			
24	Final Session		--
25	<i>Make up week</i>		
26	<i>Make up week</i>		
27	<i>Make up week</i>		
28	<i>Make up week</i>		

* Decisional Balance *

It's common to have mixed feelings or feel stuck when thinking about making a change. Identifying and weighing the benefits and costs (or pros and cons!) can help provide clarity. It can also serve as a reminder when we find ourselves feeling confused, overwhelmed, or just wanting to give up. In order for a change to be made, the costs need to outweigh the benefits.

EXAMPLE: EXERCISE at least 3x a Week

	Benefits/Pros	Costs/Cons
Continuing/ Staying the same	• More time for other stuff like work, TV, friends • Don't need to stress about whether I exercised or not-it's one less thing to think and feel bad about • Can focus on walking and meditation	• don't feel as good/fit physically • have less energy • feel bad about myself sometimes • don't feel as productive in my day • Mental health suffers; no outlet for stress
Making a Change	• feel better mentally • more energy after • feel good about myself and my efforts • physically healthier in the short term and for my future self • sleep better when I work out	• take time and energy to push myself to get started • it can trigger a negative spiral where I'm hard on myself when I don't do it • could take away time from other things I have going on-needs to be planned • could cost some money if I join a gym or something

* Helpful Questions for Reflection:

1. What stood out to you as you went through this exercise:
2. What needs are being met by the behavior that you are contemplating changing (e.g. safety, satisfaction, connection, etc.)
3. If you were to reduce or stop the behavior, what are some healthy replacement behaviors to continue meeting the needs you listed above?
4. What is the smallest amount of change you are comfortable with?
5. If you choose to make a change, what are your first steps? (questions adapted from: cerebral.com)

Decisional Balance

It's common to have mixed feelings or feel stuck when thinking about making a change. Identifying and weighing the benefits and costs (or pros and cons!) can help provide clarity. It can also serve as a reminder when we find ourselves feeling confused, overwhelmed, or just wanting to give up. In order for a change to be made, the costs need to outweigh the benefits.

	Benefits/Pros	Costs/Cons
Continuing/ Staying the same	•	•
Making a Change	•	•

Helpful Questions for Reflection:

1. What stood out to you as you went through this exercise:
2. What needs are being met by the behavior that you are contemplating changing (e.g. safety, satisfaction, connection, etc.)
3. If you were to reduce or stop the behavior, what are some healthy replacement behaviors to continue meeting the needs you listed above?
4. What is the smallest amount of change you are comfortable with?
5. If you choose to make a change, what are your first steps? (questions adapted from: cerebral.com)

BRAINSTORMING SESH for creating SMART Goals!

- ☆ Which barrier is having the greatest impact on your health today?
 - *Think:* how often and how serious is this issue impacting my
 - daily life
 - the future I want
 - my personal values
- ☆ Jot a list of goals down
- ☆ Rank goals in order of importance
 - *Think:* "If I were to achieve the goals on this list which would have the greatest impact on my health?"
- ☆ Narrow it down to one specific problem
 - *Think:* Is it...
 - Objective
 - Current
 - Specific
 - Solvable
- ☆ Break large problems into small steps
- ☆ Explore areas of strength/challenge related to the problem
- ☆ Goal should be:
 - Realistic-can reasonably be completed
 - Clear-exactly what steps to take identified
 - Not too easy, not too hard-challenging but not impossible or too global
 - Clear end point-set time for when it's completed

SMART GOAL EXAMPLES:

SPECIFIC	• Describe your goal, and be as specific as possible • Who, what, where, when, why, and how? • Example: <i>My goal is to drink 6 cups of water every day.</i>
MEASURABLE	• How can you track your progress? • How will you know when you've completed your goal? • Example: <i>I will track my progress by logging how many glasses of water I drink each day on my cell phone or in my planner.</i>
ATTAINABLE	• Is this goal realistic? • Who can help you? How can they help? • Example: <i>I will achieve this goal by keeping a clear water bottle with me, so I can tell how much water I have drank, and I will also set alarms throughout the day to remind myself to drink!</i>
RELEVANT	• How does this goal fit into your life right now? • Is this goal worth accomplishing? How is it meaningful to you? • How does this goal fit into your larger objectives? • <i>This goal will help me to be healthier and will also help with my energy levels and skin!</i>
TIME-BOUND	☐ When will you achieve your goal? ☐ How will you track progress? ☐ Example: <i>I will be drinking 8 cups of water per day consistently by February 15th!</i>

SMART Goal

Initial Goal	Write your goal here.
S Specific	Your goal should be well defined, detailed and clear.
M Measurable	Is your goal measurable? You should be able to tell when you reach your goal.
A Achievable	Can you reach the goal, taking into account your available time, skills, and financial status?
R Relevant	Is this goal worth accomplishing? How is it meaningful to you?
T Timely	Set a start and finish date for your goal. Start Date: _____ Finish Date: _____
SMART Goal	Revise your goal based on the answers to the questions above.

REFERENCE: Jimenez, L. (2023, June 21). Smart Goals Template. 101planners.com. Retrieved September 11, 2023, from <https://www.101planners.com/smart-goals-template/>

Action Plan

What steps do you need to take to get you to your goal?

Action Items	Expected Completion Date	Actual Completion Date

Potential Obstacles and Solutions

Potential Obstacles	Potential Solutions

Goal Achievement Supports

Internal Resources (i.e. determination, sense of humor, patience)	External Resources (i.e. support system, providers, dancing, support group)	Strengths	Past Successes

REFERENCE: Jimenez, L. (2023, June 21). Action Plan Template. 101planners.com. Retrieved September 11, 2023, from <https://www.101planners.com/smart-goals-template/>

Monitor and Evaluate the Outcome Steps

Review all tasks on Action Plan/SMART goal on a set pre-determined schedule:
Don't wait until the end date.

- Are there any changes you have noticed so far (especially small or short term differences!)

Think:

- Satisfaction with efforts
- Impact on mood, behavior, functioning, relationships, etc.

Reframe “failures” as difficulties and opportunities to learn more

- What exactly happened when you tried to implement the plan?
- What did you learn that you didn't know before?
- Is the goal realistic? Should it be more clear?
- Have new obstacles come up?
- Are the steps difficult? Why?
- When not reached, it is usually a poorly defined problem/goal, not truly relevant or within your control, or too large: Redefine and simplify

Redefine the problem, modify the goal, simplify the action steps or choose a new problem/goal to implement

REFERENCE: <https://www.miccsi.org/wp-content/uploads/2021/07/03a-Problem-Solving-Therapy.pdf>

Steps of Problem Solving

Problem Solving Skills Worksheet EXAMPLE

STEP 1. Define the problem you are having:

I want to take my medication more consistently (every day) and I have a very busy and changing schedule that makes it hard to do this.

STEP 2. What do you want to change /What is your goal/ desired outcome?

I want to take my medication every day at the same time and I want to accomplish this by this same date next month.

STEP 3. What can you do? Brainstorm for alternative solutions (No answer is good or bad here).

- a. *Put my medication by my toothbrush or on my nightstand.*
- b. *Set an alarm on my phone.*
- c. *Have a way to check off when I complete/take my meds each day with an encouraging note.*
- d. *Put some medication in a discreet holder in my car or keychain for when on the road.*

STEP 4. What are the consequences of each choice? Weigh out your options (what has the most “pro’s” and the least “con’s”)

Solutions	Pros	Cons
a. Put my medication by my toothbrush or on my nightstand.	It will help me to set the habit of doing it every day at the same time.	Great for when I’m home but not when I’m traveling, and my roommates might see it and get nosy.
b. Set an alarm on my phone.	It can help me remember no matter where I am.	I might be busy when the alarm goes off and forget later.
c. Have a way to check off when I complete/take my meds each day with an encouraging note.	This will help me to stay positive, keep track, and feel good to check it off when I’m done.	Might feel bad if I have several unchecked.
d. Put some medication in a discreet holder in my car or keychain for when on the road.	Will help for busy days.	Can’t think of any.

STEP 5. Choose the best solution for you at this time

I am going to start with D.

STEP 6. How are you going to implement and carry out the solution (what are the steps/objectives to reaching your goal)

I am going to start with D. and the steps are to:

- *Buy a pill carrier for my keychain on Amazon*
- *Once I get it, add some pills in and complete this by the end of the week by adding a reminder to my phone every day in the morning to check if I have it done.*

STEP 7. How will I Monitor my goal and evaluate the outcome? (Do you need to change solutions? Do you need to modify your plan? Do you need to change your time frame?)

I will track my progress by using WYZ app to check off when I am taking my medications.

I will modify by adding an encouraging sticky note on my mirror for when I'm feeling down on myself.

My goal is working well for when I am traveling. I am still missing some doses, so I think the best next step will be to do C. and use WYZ app to check off when I am taking my meds every day. I also put an encouraging sticky note on my mirror for me that says-“You are taking care of you. You got this!!”

7 Steps of Problem Solving

Problem Solving Skills Worksheet

STEP 1. Define the problem you are having (what's the goal and what is the barrier/getting in the way).

STEP 2. What do you want to change /What is your goal/ desired outcome?

STEP 3. What can you do? Brainstorm for alternative solutions (No answer is good or bad here).

- a.
- b.
- c.
- d.

STEP 4. What are the consequences of each choice? Weigh out your options (what has the most “pro’s” and the least “con’s”)

Solutions	Pros	Cons
a.		
b.		
c.		
d.		

STEP 5. Choose the best solution for you at this time.

STEP 6. How are you going to implement and carry out the solution (what are the steps/objectives to reaching your goal)?

STEP 7. Monitor your goal and evaluate the outcome. Do you need to change solutions? Do you need to modify your plan? Do you need to change your time frame?

Pleasure

Pleasure involves activities that we enjoy for the sake of the activity itself. There are many different kinds of pleasure. Those that are most sustainable involve “play” such as hobbies and other recreational activities. Social activities can also involve pleasure. Other types of pleasure, such as sensory experiences (food, drink, images, touch, etc.) can also be enjoyable if done in moderation.

Below are examples of enjoyable activities that are enjoyed by many. Circle the ones that apply to you, and add others that aren’t included below.



- Enjoying own children and/or young relatives
- Enjoying close friends
- Hanging out with large groups of friends/acquaintances
- Parties, meeting new people
- Romance
- Pets
- Clubs: meeting people with similar interests
- Enjoying food and drink with others

Hobbies, Interests, and other “play”

- Reading
- TV, movies, plays
- Dancing
- Playing or listening to music
- Board games or cards
- Arts and crafts, sewing, painting
- Cooking
- Walking, hiking, enjoying nature, fishing
- Sports (basketball, softball, swimming, etc.) or going as a spectator
- Martial arts (karate, etc.)
- Museums/zoos
- Video games
- Traveling, sightseeing, going to the beach, sunbathing



Sensory Experiences

- Pleasant smells, images, sounds, physical touch, tastes
- Taking a bath
- Listening to soothing music
- Mindful tasting

Social Activities

- Spending time with family
- Shopping
- Gardening/decorating
- Photography
- Comedy: TV, recordings, live
- Religion or spirituality

Other?

Mastery

Mastery involves activities, such as work or sports, that involve the development of skills; we are able to accomplish things and feel a sense of mastery over our environment. When enjoyed in moderation and diversified well with other activities, they can increase positive emotions and improve how we feel about ourselves.

Here are some examples of how people experience mastery to experience fulfillment in their lives. Circle the ones that apply to you and add others that aren't included below.



Job or Meaningful Daytime Activity

Look for or attempt to develop some of these qualities in your occupation volunteer work, or other meaningful daytime activity:

- Enjoyment
- Creativity
- Feelings of competence (able to accomplish tasks satisfactorily)
- Potential for development of skills

Increasing Skills Activities

- Sports
- Music practice and performance.
- Home improvement/building
- Woodworking
- Visual art (painting, drawing, pottery, sewing, knitting)
- Learning about interests (history, politics, food, language, culture, etc.)
- Crafting, pottery, and other creative skills



Other?

Activities List: Pleasure and Mastery

Here are some examples of activities that tend to increase pleasure and mastery. You might think of more that are not listed. Circle the ones that you think could lead to enjoyment or mastery for yourself.

1. Soaking in the bathtub
2. Planning my career
3. Collecting things (coins, shells, etc.)
4. Going for a vacation
5. Recycling old items
6. Relaxing
7. Going on a date
8. Going to a movie
9. Jogging, walking
10. Listening to music
11. Saying affirmations out loud
12. Recalling past parties
13. Buying household gadgets
14. Lying in the sun
15. Planning a career change
16. Laughing
17. Thinking about my past trips
18. Listening to others
19. Reading magazines or newspapers
20. Hobbies (or try something new!)
21. Spending an evening with good friends
22. Planning a day's activities
23. Meeting new people
24. Remembering beautiful scenery
25. Saving money
26. Playing a game
27. Going to the gym, exercise
28. Eating
29. Thinking how it will be when I finish
30. Getting out of debt/paying debts
31. Practicing karate, judo, yoga
32. Thinking about retirement
33. Repairing things around the house
34. Working on my car or bicycle
35. Remembering the words and deeds of loving people
36. Wearing sexy clothes
37. Having quiet evenings
38. Taking care of my plants
39. Buying, selling stocks and crypto
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things/antiquing
44. Going to a party
45. Thinking about buying things
46. Playing golf
47. Playing soccer
48. Flying kites
49. Having discussions with friends
50. Having family get-togethers
51. Riding a motorbike
52. Sex
53. Playing pickleball
54. Going camping
55. Singing around the house
56. Arranging flowers
57. Going to church, praying (practicing religious or spiritual-based activities)
58. Losing weight
59. Going to the beach
60. Thinking I'm an OK person
61. A day with nothing to do
62. Having class reunions
63. Going ice skating, roller skating/blading, skateboarding
64. Organizing my space
65. Going somewhere new (even close by)
66. Sketching, painting
67. Blowing bubbles
68. Doing tie-dye
69. Sleeping
70. Driving
71. Entertaining
72. Going to clubs or community events
73. Thinking about getting married
74. Going bird watching
75. Singing with groups
76. Flirting
77. Playing musical instruments
78. Doing arts and crafts
79. Making a gift for someone

80. Listening to music
81. Watching boxing, wrestling
82. Planning parties
83. Cooking, baking
84. Going hiking, bushwalking
85. Writing books (poems, articles)
86. Sewing
87. Planning outfits to wear; thrifting
88. Working
89. Going out to dinner
90. Discussing books
91. Sightseeing
92. Gardening
93. Going to the beauty salon
94. Early morning coffee and newspaper
95. Playing tennis
96. Kissing
97. Watching children (play)
98. Thinking I have a lot going for me
99. Going to plays and concerts
100. Daydreaming
101. Planning to go to college or university
102. Taking a warm shower or bath
103. Listening to new music
104. Refinishing furniture or designing space
105. Watching movies
106. Making lists of tasks
107. Going bike riding
108. Walks on the riverfront/shoreline
109. Buying gifts
110. Traveling to (national) parks
111. Completing a task
112. Thinking about my achievements
113. Going to a sporting event
114. Eating warm, gooey foods
115. Exchanging texts, chatting on socials
116. Photography
117. Going fishing
118. Thinking about pleasant events
119. Planning healthy meals and snacks
120. Star gazing
121. Lay on back and gaze at clouds passing by in the sky or branches swaying
122. Reading fiction
123. Acting
124. Being alone
125. Writing diary/journal entries or letters
126. Cleaning
127. Reading non-fiction
128. Taking children places
129. Dancing
130. Going on a picnic
131. Thinking "I did that pretty well" after doing something
132. Meditating/ Mindfulness exercises
133. Playing volleyball
134. Having lunch with a friend
135. Making a gratitude list
136. Thinking about having a family
137. Thoughts about happy moments in my childhood
138. Splurging
139. Playing cards
140. Having a political discussion
141. Solving riddles mentally
142. Playing tennis
143. Seeing and/or showing photos
144. Knitting/crocheting/quilting
145. Doing crossword puzzles
146. Shooting pool/Playing billiards
147. Dressing up and looking nice
148. Reflecting on how I've improved
149. Buying things for myself
150. Talking on the phone
151. Going to museums, art galleries
152. Thinking spiritual thoughts
153. Surfing the internet
154. Lighting candles
155. Listening to the radio
156. Spending time in nature
157. Having coffee at a cafe
158. Getting/giving a massage

159. Saying "I love you"
160. Thinking about my good qualities
161. Buying books
162. Having a spa or sauna day
163. Going skiing
164. Going canoeing or white-water rafting
165. Going bowling
166. Doing woodworking
167. Fantasizing about the future
168. Doing dance classes or performances
169. Debating
170. Playing games on my device
171. Having an aquarium
172. Erotica (sex books, movies)
173. Going horseback riding
174. Going rock climbing
175. Thinking about becoming active in the
community
176. Doing something new
177. Making jigsaw puzzles
178. Thinking I'm a person who can cope
179. Playing with my pets
180. Having a barbecue
181. Rearranging the furniture in my house
182. Buying new furniture
183. Going window shopping
184. Saying yes to an opportunity

Pleasurable Activities Chart

Barrier or Goal:	Day and Time to Complete	Enjoyment Rating (1-10) How much do you think you will enjoy this activity?	Importance Rating (1-10) How important is this activity?
Pleasurable/Mastery Activity 1:			
Pleasurable/Mastery Activity 2:			
Pleasurable/Mastery Activity 3:			

*Don't forget to give yourself **credit** for **your efforts** of attempting and/or completing!!



STRESSORS AND COPING

STRESSOR	CHANGEABLE:	UNCHANGABLE:	REASON
General:	Problem-Solving Focused Coping	Emotion Focused Coping	
Specific Aspects:			
A.			A.
B.			B.
C.			C.

COPING STRATEGIES:

- A.
- B.
- C.




COMMUNICATION STYLES

examples



← passive assertive passive-aggressive aggressive →

Passive	Assertive	Passive-Aggressive	Aggressive
"I hope someone comes to my aid on this project."	"I would really appreciate your help on the project."	"I'll get right on it." (But they won't.)	"You must do this right now."
"I know you are probably busy and don't have time to talk, so you can call me back if you want."	"I'm not available to help you today, but I can help you tomorrow."	"I would have told you about the meeting if you would have called."	"How could you be so stupid and have forgotten?"
"I wish I could share my opinion, but I am going to just agree with everything they say."	"I felt sad when you cancelled our plans. Let's set another date right now."	"Oops, I must have forgotten to give you that important message from your boss."	"I need you to stop what you are doing and do what I am asking you right now."

Leslie, S., & Fox, M. (2019). The Comprehensive Clinician's Guide to CBT. PESI.

Assertive Communication Steps

1. **State the facts:** What happened (or didn't happen)? What was said (or not said)? Stick to observable events (i.e. They did...He said...)
 2. **Express how you feel:** Describe your emotions about the situation.
 3. **State what you would like:** Use language such as *like*, *prefer*, and *wish*. Avoid demanding language, as it is often triggering and leads to defensive responses.
 4. **Acknowledge the other person:** Use active listening, reflect what you hear back to them—hear them out.
 5. **Consider a compromise:** Be willing to give and take (within the context of both of your boundaries).
- Be mindful ☺ Aim to refrain from yelling, demands, whys, expecting the other person to read your mind, shoulds and similar



Boundaries

Boundaries ARE:

- healthy, values-based limit setting
 - what is OK for you based on your wants, needs, and internal experience
- exist within a relationship to keep that relationship operating at it's best where both people feel safe and valued
- exist within self to promote a sense of trust and security within

Examples:

- Saying, "I will need to remove myself from this conversation if the name-calling continues" when a family member criticizes your decisions.
- Respecting and understanding when a friend is unable to hang out this evening because they need "me" time.
- Saying "no" when asked to pick up a shift at work and you are tired or already have plans
- Giving myself time to process, "Let me think about that and get back to you." before giving an immediate answer.

Boundaries and Safe Coping

	Old Way	New Way
Trigger Situation:	My mother keeps criticizing my decisions.	My mother keeps criticizing my decisions.
<u>Your Coping:</u>	I get overwhelmed and resentful. I just let her talk at me until she's done. Sometimes I turn off my phone and binge-watch until 2AM.	I set a boundary by asking her to stop criticizing me—it is hurting me. And a can't listen to it right now and will leave the room (or hang up and take some space) if necessary.
Consequence:	I feel walked over. I know staying up won't make me feel better in the long term- I am tired the next day and don't feel like doing anything.	I feel better like I have taken control. She seemed surprised and didn't like hearing it, but it was OK.

	Old Way	New Way
Trigger Situation:		
<u>Your Coping:</u>		
Consequence:		

Accepting Reality: Choices We Can Make

Five optional ways of responding when a serious problem comes into your life:

1. Figure out how to solve the problem.
2. Change how you feel about the problem.
3. Accept it.
4. Stay miserable (no skill use).
5. Make things worse (act on your impulsive urges).

When you can't solve the problem or change your emotions about the problem, try acceptance as a way to reduce your suffering.

Why Bother Accepting Reality?

- ✓ Rejecting reality does not change reality.
- ✓ Changing reality requires first accepting reality.
- ✓ Rejecting reality turns pain into suffering.
- ✓ Refusing to accept reality can keep you stuck in unhappiness, anger, shame, sadness, bitterness, or other painful emotions.

Radical Acceptance

- ✓ RADICAL ACCEPTANCE is the skill of accepting the things you can't change.
- ✓ RADICAL = complete and total accepting in mind, heart, and body.
- ✓ ACCEPTANCE = seeing reality for what it is, even if you don't like it.
- ✓ ACCEPTANCE can mean to acknowledge, recognize, endure, not give up or give in.
- ✓ It's when you stop fighting reality, stop throwing tantrums about reality, and let go of bitterness. It is the opposite of "Why me?" It **is** "Things are as they are."
- ✓ Life can be worth living, even with painful events in it.

(continued)

Adapted from *DBT® Skills Training Handouts and Worksheets, Second Edition*. Copyright 2015 by Marsha M. Linehan. Adapted by permission.

From *DBT® Skills Manual for Adolescents*, by Jill H. Rathus and Alec L. Miller. Copyright 2015 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details). Purchasers can download and print additional copies of this handout from www.guilford.com/rathus-forms.

Practice Exercise: Accepting Reality

Due Date _____

Describe a situation during the week in which you were distressed and there was no way to change the situation right away: _____

Rate your distress from 1 to 10 (with 10 being the worst): _____

If you couldn't solve the problem right away or change how you felt about it, what did you choose to do (circle one of the remaining three possibilities)?:

1. ~~Solve the problem.~~
2. ~~Change how you feel about the problem.~~
3. ACCEPT the situation.
4. Stay miserable (refuse to accept situation).
5. Make the situation worse.

If you tried to radically accept the situation, what exactly did you do or say to yourself? _____

If you chose to stay miserable or make things worse, what did you do? _____

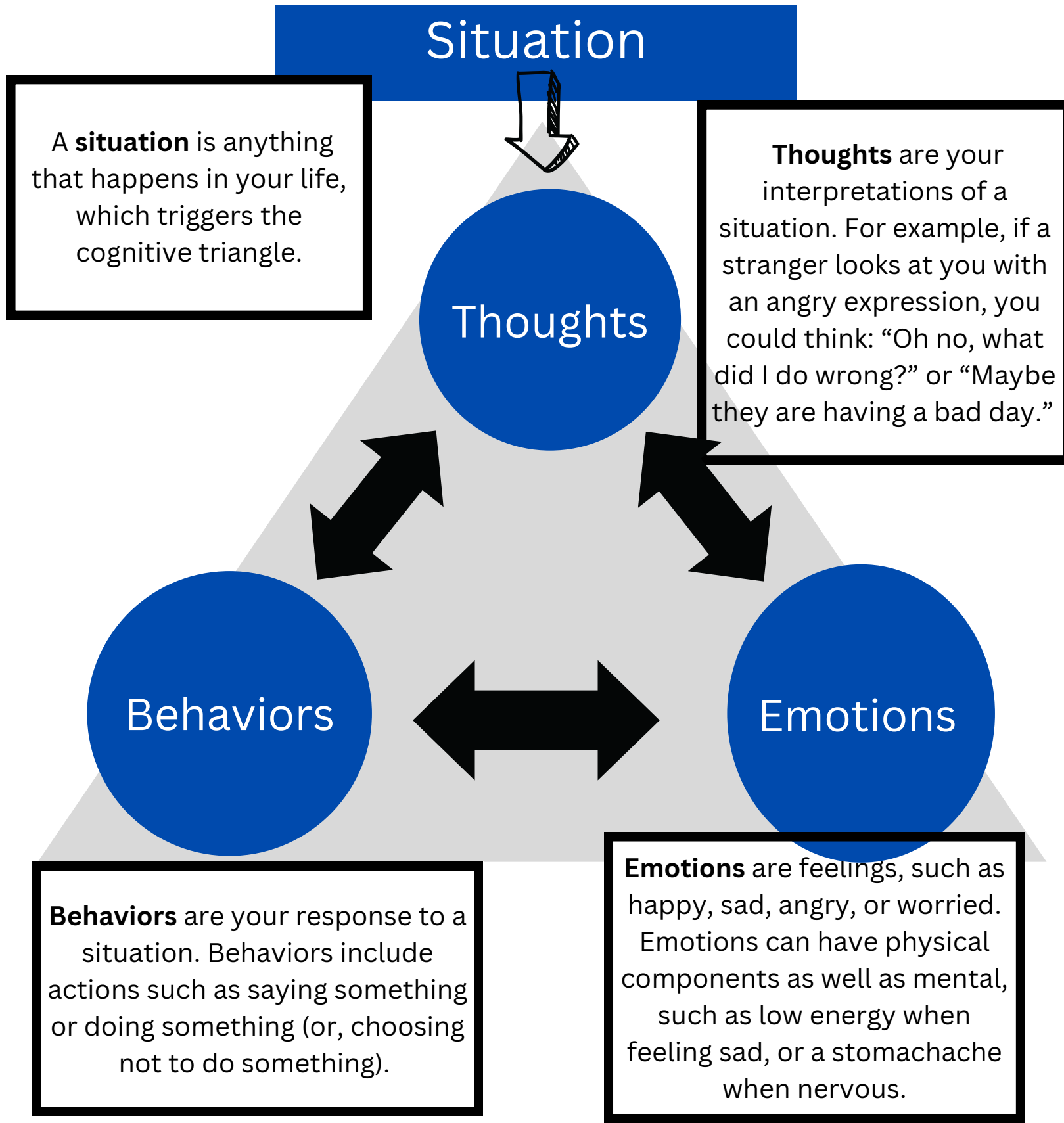
Rate your distress after you turned your mind toward acceptance (rate 0–10, with 10 being the worst distress): _____

Adapted from *DBT® Skills Training Handouts and Worksheets, Second Edition*. Copyright 2015 by Marsha M. Linehan. Adapted by permission.

From *DBT® Skills Manual for Adolescents*, by Jill H. Rathus and Alec L. Miller. Copyright 2015 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details). Purchasers can download and print additional copies of this handout from www.guilford.com/rathus-forms.

* CBT: Cognitive Behavioral Therapy *

Adapted from TherapistAid.com, 2001



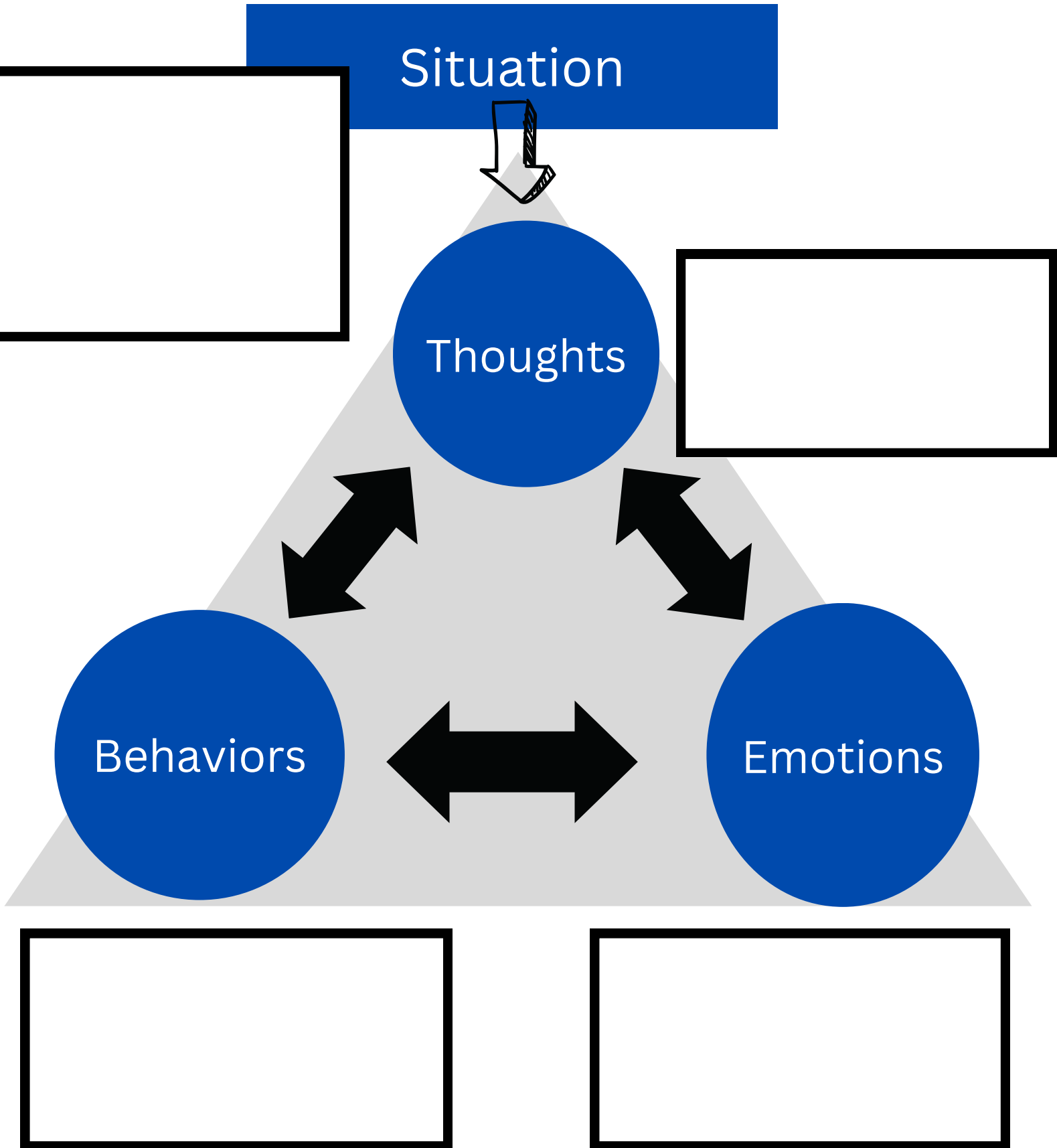
* CBT: Cognitive Behavioral Therapy *

Situation

Thoughts

Behaviors

Emotions



Values

Values are what we find meaningful and important. These can be different for different people.

Values are important to explore, because much of our goal-directed activity comes from a foundation of what is valued. For example, one may value a healthy lifestyle, and a related goal may be to exercise daily. We may value family, and therefore choose to schedule in time with them. Or if we don't have a family, our activities could lead to getting married and starting one.

It is common to mistake certain wishes and feelings for values. **Values are not internal states, how people treat us, or specific things to achieve.**

Below are some of the common areas of life that people value and may lead to goal-directed activity.



On the next page is a list of values that are related to the categories below. Use them to start listing your own values on the following page.

Physical well-being

What kind of values do you have regarding your physical wellbeing? How do you want to look at yourself?

Family relationships

What kind of relationships do you want with your family? What kind of mother/father/ brother/sister/uncle/ aunt do you want to be? What is important to you about a good family?

Intimate relationships

What kind of partner do you want to be? What quality of relationship do you want to be part of? How do you want to spend time together?

Citizenship/Community

What kind of environment do you want to be a part of? How do you want to contribute to your community?

Mental/Emotional Health

What helps you maintain sound mental health? Why is this important to you? What issues would you like to address?

Spirituality

What kind of relationship do you want with God/nature/ the Earth/mankind? What does having a spiritual life mean to you? How can you exercise this?

Friendships/ social relations

What sort of friend do you want to be? How would you like to act towards your friends? How can these relationships be improved?

Hobbies/ Recreation

How would you like to enjoy yourself? What relaxes you? When are you most playful? Are there any special interests you would like to pursue?

Education/training/ personal growth

How would you like to grow? What kind of skills would you like to develop? What would you like to know more about?

Employment/career

What kind of work is valuable to you? What qualities do you want to bring as an employee? What kind of work relationships would you like to build?



Below is a list of general value categories, and some specific values that are common in each. See if any of them fit you, and use this page to fill out the values rating sheet on the next page.

Family relations

- Work on current relationships
- Spend time with family
- Take an active role in raising my children
- Maintain consistent healthy communication

Marriage/couples/intimate relationships

- Establish a sense of safety and trust
- Give and receive affection
- Spend quality time with my partner
- Show my partner how much I appreciate them

Friendships/Social Relationships

- End destructive relationships
- Reach out for new relationships
- Feel a sense of belonging
- Have and keep close friends
- Spend time with friends
- Have people to do things with

Mental/Emotional health

- Seek fun and things that give me pleasure
- Have free time
- Be independent and take care of myself
- Challenge my negative thinking
- Make my own decisions
- Engage in therapy
- Take my medications
- Stay active

Physical well-being

- Live in secure and safe surroundings
- Engage in regular exercise
- Have a steady income to meet physical needs
- Eat foods that are nourishing to my body
- Maintain a balance between rest and activity
- Get enough sleep

Citizenship/Community

- Contribute to the larger community
- Help people in need
- Improve society
- Be committed to a cause or group that has a larger purpose
- Make sacrifices for others

Spirituality

- Follow traditions and customs
- Live according to spiritual principles
- Practice my religion or faith
- Grow in understanding myself, my personal calling, and life's purpose
- Discern the will of God
- Find meaning in life
- Develop a personal philosophy of life
- Spend time in nature
- Focus on the greater good

Education/Training/Personal Growth

- Be involved in undertakings I believe personally are significant
- Try new and different things in life
- Learn new things
- Be daring and seek adventure
- Have an exciting life
- Learn to do challenging things that help me grow as a person

Employment

- Be powerful and able to influence others, have authority
- Make important decisions that affect the organization
- Be a leader
- Make a great deal of money
- Be respected by others
- Be seen by others as successful, be ambitious
- Become well-known, obtain recognition and status
- Be productive, work hard
- Achieve significant goals
- Enjoy the work I do
- Do what I'm told and follow the rules

Translating Values into Activities...

The next step is to translate our values into activities that help us fulfill on those goals.

Take a moment to think about the values that you identified on the previous page. What are some short term goals in each area? What are some long term goals? Use this page and the next to start to brainstorm. Write down your results on the upcoming page: "Values, Pleasure, and Mastery Master List."

VALUE

ACTIVITIES

Example:

Personal Growth

I want to be actively getting better every day. I want to embrace new things that challenge me and surround myself with people and things that help me to be my best.



I'm going to read a book or listen to a podcast for 15 minutes a day and talk about it with a friend or family member.



Triggers

* Recognize and Respond *

Recognize Trigger: triggering situation, thought, emotion, and body sensation that led to the problematic response:

- Name it! What would you refer to this trigger as? For example “anger trigger”

Respond to Trigger: Think about your values and what is most important to you. How do you want to respond when you are practicing being your best self?

- What difference would changing your response to your trigger have?

* Noticing triggers is a life skill! We don't get to choose if we have triggers, but we can choose how we respond and interact with our triggers.