



Re-examining Values and Priorities for Overcoming Setbacks:

Losing Sight of What's Important: As our values and priorities change and improve for the better, we tend to change for the better. Conversely, when we lose sight of our positive values and start to let go of what is important and meaningful in our lives, eventually things often change for the worse resulting in setbacks in our progress.

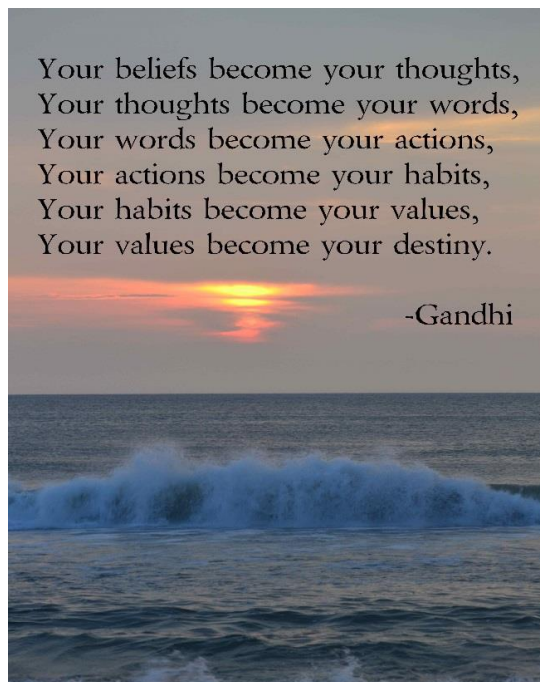
Consider for a few minutes how your values affect your life: (Discuss each one and come up with personal examples)

- Your values quite often dictate what decisions you make
- Your values often are a critical factor when it comes to what friends you choose
- Your values influence what you think about
- Your values can also strongly influence:
 - *What career you choose*
 - *How you raise children*
 - *What kind of person you get into a relationship with*
 - *How you spend your money*
 - *How you use your time*
 - *Your goals and future dreams*

Briefly discuss the following quote:

Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.

-Gandhi





Values and Setbacks – Self Assessment:

Getting Started: Rate your overall progress on a scale from 1 to 10: _____

- **Discuss** – How did you rate yourself and why?

Choose A or B or C below and complete:

A. If you have not had any setbacks recently, about how long would you say that you have been consistently doing well and making progress?

If you don't know for sure make your best guess:

_____ (days, weeks, months, years, *hours*?)

OR:

B. If you recently have experienced a significant setback with your progress, about how long would you say that you were doing well just before the setback?

_____ (days, weeks, months, years)

OR:

C. I have been working at this for _____ (days, weeks, months) but I have not had any steady or consistent progress yet.

Discuss Your Answer – Share with the group an honest and accurate statement about your current situation based on your answer for A or B or C. For example:

- “I chose A - I have been doing well for the past 3 months without any serious setbacks”
- “I selected B - I was doing great for about 6 weeks until I slipped up pretty seriously 3 days ago”
- “I have to go with C - Neither choice A or B applies to me, I am still using on and off pretty regularly and I haven't really stopped for any significant amount of time yet”



Brief Change Inventory: Below, list about 3 to 5 specific things you have changed along the way that helped you the most during the time you have been most recently making progress

Some examples:

- “I am learning how to manage stress without using illegal drugs”
- “I learned how to cope better with anxiety and depression”
- “I started changing my associations for the better”
- “I stopped making excuses and started accepting responsibility”
- “I got an honest job to keep busy and stopped dealing drugs”
- “I set some reasonable goals and started working toward them”
- “I am discovering how to deal with my fears and start trying new positive things”

Now write 3 to 5 of the most effective tools and positive changes that you have been using (or at least trying to use) below:

- 1)
- 2)
- 3)
- 4)
- 5)

As a Group: Discuss your above lists

Values Inventory – On the next page is a list of some concepts that are often considered valuable especially to people making positive lifestyle changes:

Directions:

1. In the last blank row write in any values or ideas that you think need to be on the list
2. **PUT AN X** next to the values that are currently areas of strength for you
3. **PUT A STAR** next to a few of the values that you need to work on more in your life
4. **Getting Honest about Values and Setbacks:** *This last one may require the most thought:* **CIRCLE** any of the values that you may have once had but may have let go of. For example: “When I was doing better last month, my FAMILY was a much more important part of my life but recently I have been spending less and less time with them”



Values Inventory List

Honesty	Integrity	Loyalty	Dedication	Determination
Hard Work	Persistence	Courage	Self-Control	Dedication
Consistency	Self-Care	Faith	Hopefulness	Humility
Open-Mind	Assertiveness	Good Choices	Planning	Goal Setting
Independence	Gratitude	Organized	Productive	Love
Safety	Family	Friendship	Pos. Attitude	Communication
Learning	Appreciation	Ethics	Morality	Spirituality
Self-Worth	Career Growth	Fidelity	Endurance	Forgiveness
Respect (others)	Self-Respect	Empathy	Health/Fitness	Exercise
Stress Mgt.	Anger Mgt.	Maturity	Responsibility	Serenity
Letting Go	Acceptance	Patience	Kindness	Generosity
Sincerity	Genuineness	Inner Strength	Creativity	Resourcefulness
Leadership	Role Modeling	Motivation	Insight	Self-Awareness
Accountability	Balance	Enthusiasm	Structure	Resilience
Prudence	Optimism	Focus	Selflessness	Expressiveness
Adaptability	Preparation	Calmness	Perseverance	Morality
Modesty	Discretion	Fairness	Devotion	Composure
Harmony	Cleverness	Honor	Joyfulness	Decisiveness
Dignity	Affection	Contentment	Understanding	Virtue
Thoroughness	Goodness	Fortitude	Support	Intimacy
Conviction	Ingenuity	Inspiration	Connection	Enthusiasm
Passion	Confidence	Flexibility	Peace	Drive



Final Discussion:

- Which values did you mark as a Strength (Marked with an X)

- Which values stood out to you as areas you need to work on (Marked with a STAR)

- Were you able to identify any areas that you have been letting go of, that may be hurting your progress? (Circled)
 - If so, specifically what can you do in order to get back on track with those values in your life?

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

— Albert Einstein