

Core Values Script by Dr. Richard Nongard

Identifying Core values A big part of ACT Therapy is creating a valued direction and developing a method of living in congruence with these values. When one is congruent in choosing a valued direction, unwanted and distracting behavior is decreased. Here is a script for identifying those core values.

Script:

As you relax, imagine you have just received a present. Imagine the present is a surprise. You don't even know who sent it, but you are now holding it. It won't be a simple gift, but rather a magical gift. It is the one thing you want more than anything else in life. Maybe it's big or perhaps small. It might even be too big to hold. It is your present, so you can see it any way you want to. You can even hear the present. When a child is trying to figure out what is inside of a gift, they often shake it. You can even do that in your mind, hearing the gift inside of the box. Feel the shape of the box. Is it a square, a rectangle, or even an odd shape? You can begin to open the gift. Inside the wrapping, you find exactly what you wanted more than anything else. Perhaps it's the deed to vast and beautiful lands, a diamond worth millions of dollars, or even the winning lottery ticket worth 100 million dollars. This is your gift and you can create it as you want. Therefore, go large and take this opportunity to discover what you would want more than anything else, if you were to receive a magical gift. Allow yourself to dream big, opening the present and enjoying the magnificent gift inside. Now that the papers lay to the side, hold that gift in your hands or place the gift out in front of you and breathe. See your gift and imagine all of the changes in life that will come as a result of getting this gift. How will you feel? What experience will it bring? Will it bring a sense of freedom? Will it bring the respect of others? Will you be able to help others now that you have received this gift? Will the gift help you be more secure or even be more important? Continue to explore this idea in your mind. Having this gift will allow some of your deepest needs to be met. What are they? Become aware of them. Note the words that come into your mind that describe these needs. Note the feelings you associate with this gift. Now open your eyes. What two or three words come to mind?

Close your eyes again and breathe, noting the feeling of that breath as you relax even further. It is interesting how what we truly value or need is often represented by an object or something tangible. However, with a little reflection we soon discover what is most important is not the gift itself, but what the gift represents. You described what you valued most is _____ and _____. These core values are your valued directions. All of the suggestions I give you, which are actually suggestions you have asked me to make by coming here today, will help you to move towards these valued directions