

Pain and Values: Two Sides of the Coin Worksheet

Step 1: One side of index card or paper: write down what valued action you want to take in your relationship or this area of living.

Step 2: Other side of index card: write down what difficult thoughts, feelings, or sensations (about failure or loss) might show up for you if you start acting toward that value.

Step 3: Now take the card and put it in your pocket, wallet, or purse. For the next week, take it out and ask yourself: "Am I willing to have that card, both sides of it, or do I choose to throw it all away?"

Front of Card – Valued Action (what do I value most about taking this action?)

Back of Card – Pain/Discomfort (what thoughts, feelings, or physical sensations show up when I attempt to do this?)

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