

Values Flow practices

Name: _____ Week/Date _____

Please reflect on specific events over the past week during which you attempted to skilfully **negotiate** the challenges you faced. In the spaces provided below, describe specific examples of how Values Flow skills may have been helpful in **negotiating** these challenges.

	V IRTUE (valued life themes, strengths use)	I NVOLVE (Attending, Reflecting, Informing, Acting)	V ITAL (serious play, willingness)	A CEPT (optimal self & interpersonal regulation)	CHALLENGES within yourself (i.e., beliefs, perceptions, emotions, memories)	CHALLENGES outside yourself (i.e., physical environment demands, needs of others)	Skills Practice Rating* (Score out of 5)
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

*** Skills practice rating scale**

0 = Didn't reflect on or practice Values Flow skills	3 = Values Flow skills reflected on, practice attempted, experienced boredom and/or listlessness as internal and/or external goals and challenges were too easy and/or lacked personal significance
1 = Values Flow skills reflected on, but practice not attempted	4 = Values Flow skills reflected on, practice attempted, internal and/or external goals and challenges felt personally significant but were experienced as overwhelming and anxiety provoking
2 = Values Flow skills reflected on, and practice attempted but experienced confusion and/or a lack of personal significance in goals and challenges	5 = Values Flow skills reflected on, practice attempted, experienced enjoyed absorption and a sense that the goals and challenges were high, yet felt deeply significant on individual, social and cultural levels.

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Ignjatovic, C., L. Kern, M., & G. Oades, L. (2023). Values-Flow in Contextual Psychotherapy: The 'What', 'Why', and 'How' of Sustainable Values-Based Behaviour. IntechOpen. doi: 20.5772/intechopen.206594. For information around, permission for, or access to the Values-Flow Cards, please email Cedomir Ignjatovic at info@embracepsychology.com