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How to Find Your

Core Values | 3 Easy

Steps 1 Values

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MORAL REASONING
Values Cards Exercise
to Clarify Values
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Jennifer and Alissa
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Values

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Demystifying ACT -

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~~Committed Action~~

~~Acceptance and~~

~~Commitment~~

~~Therapy (ACT): Values~~

~~/u0026 Action Video~~

~~4 Steps to~~

~~Discovering Your~~

~~Core Values What are~~

~~Your Personal Core~~

~~Values? Why Every~~

~~Man NEEDS Core~~

~~Values + 10 Personal~~

~~Values of History's~~

~~Great Men How I've~~

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Classes

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Introduction To

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Atonement and the
Death of Christ | Greg

Koukl and William

Lane Craig ~~Clarifying~~

~~Your Personal Values~~

Values Clarification

A values clarification
plan may consist of
the following seven

steps (Twohig &

Crosby, 2008;

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(Vyskocilova et al.,
2015): Creating
distance from social
pressures: helping
the patient
distinguish between
their own
motivations and
desires and...
Defining the concept
of values with the
patient: ...

Values Clarification:

Page 9/33

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How Reflection On
Core Values Is ...

Values Clarification is a popular therapeutic exercise that can help a client become more aware of their beliefs, and ways in which they are or are not living up to them.

Developing this insight will allow your clients to make positive changes to

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Clarification
their lifestyle, so they
can better live up to
their values.

Values Clarification
(Worksheet) |

Therapist Aid

Values clarification is
a psychotherapy
technique that can
often help an
individual increase
awareness of any
values that may have

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Clarification
a bearing on lifestyle
decisions and actions.
This technique can...

Values Clarification
Therapy, Values
Clarification
Therapist

There are two steps
to values clarification:
Becoming clear about
your most important
values

Communicating your

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Clarification values to others

Values Clarification
Exercise Using
Personal Standards
Values clarity is a
psychotherapy
method that can also
allow people to
become more
mindful of certain
beliefs that could
have an effect on
personal choices and

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Clarification

This strategy can provide an opportunity for an individual to focus on personal moral dilemmas and to examine and explain values.

Values Clarification (A
Counsellors Guide) |

OptimistMinds

Values Clarification

Your values are your

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ideas about what is most important to you in your life —what you want to live by and live for. They are the silent forces behind many of your actions and decisions.

Values and Goals
Clarification - SMART
Recovery
VALUES

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CLARIFICATION. Your values are your ideas about what is most important to you in your life — what you want to live by and live for. They are the silent forces behind many of your actions and decisions. The goal of "values clarification" is for you to become fully conscious of their

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influence, and to explore and honestly acknowledge what you truly value at this time in your life.

VALUES

CLARIFICATION -

SMART Recovery New
England

Values Clarification.

Values Clarification.

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TherapistAid.com.

Your values are the beliefs that define what is most important to you.

They guide each of your choices in life.

For example, someone who values family might try to spend extra time at home, while someone who values success in their career

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Clarification
may do just the
opposite.

Values Clarification -
Therapist Aid

You may have just
identified your
personal Core Values
for the first time, or
this exercise may
have been a re-
affirmation of that
which you were
already aware of.

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Effective ethical leadership is about ensuring your behavior is in line with your stated Core Values. In other words, having the courage to stand up for what you believe.

Core Values
Clarification Exercise
Step 1: Core Values
List

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Clarifying Values

AGENDA n Starter n

This or That n

Valuable Squares n

Being True to

Yourself n Conclusion

n Questions for

Assessment Students

will analyze how their

values influence the

decisions they make.

Students will identify

the people,

possessions,

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Clarification
activities, and future
plans they value.

Clarifying Values -
Overcoming
Obstacles
Values

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School Ohio State
University; Course
Title CIS MISC;
Uploaded By Sargent
StarCrocodile16.

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Page 22/33

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Course Hero

Values clarification

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differs from cognitive

[[moral

education]After

clicking on ‘ Edit

Source ’ , add the

missing information

in the document. 7.

After adding the

missing information,

you may go through

changes made by

clicking on ‘ Show

Preview ’ . 8. By

clicking on ‘ Show

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Preview', you can see the preview and have look on how the page ...

Value (ethics) -

Wikipedia

Values Clarification –

A process in which we explore and clarify the things that we hold personally meaningful. Values Clarification

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Worksheets in ACT are often self-reflection exercises that help clients find direction and motivation, and coaching discussions can also be very helpful.

21 ACT Worksheets
and Ways to Apply
Acceptance ...
Values Clarification is

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an 8-hour program provided over the course of 4 weeks, split into 2-hour sessions. The goal of Values Clarification is to educate at-risk individuals about the dangers of continued criminal activity, and to intervene early to prevent recidivism.

4-WEEK Court-

Page 27/33

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Approved Values Clarification Class

Values clarification is

compared and contrasted to other approaches to counseling and psychotherapy, including person-centered, cognitive-behavioral, reality therapy-choice theory, existential,...

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Values Clarification

by Dr. Sidney B.
Simon, Leland W
Howe ...

Values defined in
Organizational
Behavior as the
collective
conceptions of what
is considered good,
desirable, and proper
or bad, undesirable,
and improper in a
culture. Some

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Common business values are fairness, innovations and community involvement.

According to M. Haralambos, “ A value is a belief that something is good and desirable ” .

Values: Definition,
Characteristics,
Importance, Types of

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Clarification

Values are qualities or principles that people consider to be important and wish to personify. Your values represent what you view as most meaningful in life. Values often translate to the...

Values Can Be a
Conduit to Recovery |

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Psychology Today
Values Clarification
Worths are the
foundation of every
health care
organization. When
expressed and used,
worths end up being
the living energy of
the company (Human
Science). A
company ' s
objective and vision
statements clearly

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Specify the culture of the organization and its methods to finish the specified mission.

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76daab1885