



## Caring Safely™ Module Two – Video Three

Values Inventory and ACT Paradigm

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## In this video

- Values Inventory
- ACT Paradigm

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## Values

- Your principles or standards of behavior
- What is important to you
- What has worth and significance to you
- Core of who you are
- Important to know to live a happy, authentic life
- Will change over time
- Impacts self-confidence, self-esteem and daily decisions

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## The Act Paradigm

- Framework for understanding how we made decisions throughout the day, which impacts our wellness gauge, which impacts our CF Trajectory
- Improves awareness
- Increases self-compassion
- Guides us towards value based living

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## The Act Paradigm

Personalize and Integrate on the Handout

The ACT Paradigm and Compassion Fatigue	
Moving Away From Values	Moving Towards Values
<p><b>Things I Say or Do That Don't Meet My Long Term Goals and Values</b></p> <ul style="list-style-type: none"> <li>• Work early or late</li> <li>• Leaving phone on past work hours</li> <li>• Working through breaks</li> <li>• Trying to make things "perfect"</li> <li>• Procrastination/Avoidance</li> <li>• Distraction: Substance Use/Alcohol, Biting, Behaviors, Gossiping, Self-Harm, Eating, Shopping</li> </ul>	<p><b>Things I Say or Do That Meet My Long Term Goals and Values</b></p> <ul style="list-style-type: none"> <li>• Taking proper breaks</li> <li>• Caring Health/Feeling Body/Breathless</li> <li>• Learning/Personal Growth</li> <li>• Clinical Supervision</li> <li>• Connection – Family/Friends/Colleagues</li> <li>• Fun/Creativity/Spirituality</li> </ul>
<p><b>Things I Think and Feel That Are Unpleasant</b></p> <ul style="list-style-type: none"> <li>• Toxic/Insecure thoughts</li> <li>• Difficult emotions</li> <li>• Uncomfortable body sensations</li> <li>• Powerful urges</li> </ul>	<p><b>Things I Think and Feel That Are Pleasant -- My Values</b></p> <ul style="list-style-type: none"> <li>• Family</li> <li>• Positive Relationships</li> <li>• Parenting</li> <li>• Friends</li> <li>• Education</li> <li>• Career</li> <li>• Nutrition</li> <li>• Health</li> <li>• Personal Growth</li> </ul>

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