



**In Acceptance and Commitment Therapy (ACT), values represent who you want to be as a person, what you stand for and what's important to you.**

Let your values act as a lighthouse, guiding your behaviour forward to a flourishing and meaningful life. They will also direct you to safety in the face of emotional storms.

Here's a list of common values. It's by no means exhaustive so be creative and delve into thinking about who you genuinely want to be.

**Accepting:** to be open and accepting of myself, my partner, things that happen in life.

**Adventurous:** to be open and free to explore new things, to seek out and embrace new experiences.

**Assertive:** to respectfully stand up for my rights and to ask for what I want without hesitation, indecision or procrastination.

**Authentic:** to be authentic, genuine, real and true to myself and others.

**Balanced:** to balance all parts of myself and the demands of life. To live emotionally well-balanced and even minded.

**Beautiful:** to appreciate and nurture beauty in myself and others.

**Blissful:** to feel a sense of joy, happiness, contentment.

**Brave:** to be courageous and forge ahead in the face of difficulty. To calmly face new experiences and challenges with fear.

**Calm:** to live life feeling inner calm, peace and contentment.

**Caring:** to be caring towards myself, my partner and others.

**Challenge:** to keep challenging myself to grow, learn and improve. To face new learning with enthusiasm and excitement.

**Committed:** to be committed to myself, and my emotional and physical needs. To be committed to act in the best interests of my partner and family.

**Compassionate:** to act with kindness towards those around me. To have patience and a desire to see the best for others.

**Connected:** to engage fully and thoughtfully, to be present and focused on my needs and on the needs of my partner and family.

**Contribution:** to contribute to the world and to strive to make a positive difference in my own life, and in the lives of my partner and family.

**Cooperation:** to be cooperative and collaborative, to work as a team player.

**Creative:** to embrace creativity, innovation, new beginnings and new ways of doing things.

**Curious:** to be intrigued, open-minded and interested in the world and everything in it. To seek the opinions of others and to enjoy the new experiences.

**Dependable:** I do what I say I'll do, to act in a way that tells those around me that they will always be able to depend on me.

**Disciplined:** commitment to something and ensure I stick to action, controlled in behaviour and the way I work.

**Discerning:** to have and illustrate good judgement.

**Empathetic:** to have empathy for myself and my partner, to be able to fully understand and share the feelings of others.

**Encouraging:** to encourage and reward behaviour that I value in myself or others. To be supportive of my partner and to offer statements of encouragement.

**Enthusiastic:** to view myself, my partner and the world with enthusiasm. To be excited, curious, interested and eager to interact with the world and those in it.

**Equality:** to treat myself and everyone else with the same high value and regard.

**Excitement:** to seek, create and be enthusiastic about things that I engage in. To find things as motivating and electrifying.

**Expressive:** to be able to express myself, my thoughts and needs in clear and descriptive ways.

**Fair:** to be fair to myself or others. To be able to see a wide range of points of view and to weigh them all up equally.

**Family-focused:** to put family at the forefront of my attention, to focus on what's good for them and what makes them happy.

**Fitness:** to maintain or improve my fitness, to look after my physical and mental health and wellbeing.

**Flexibility:** to be able to adjust to changing circumstances and environments. To be able to see my partner's point of view with openness.

**Friendly:** to be friendly and agreeable towards others.

**Forgiving:** to be able to forgive myself and others. To be able to let go of relationship issues, hurts, mistrusts and pain.

**Fun:** to be fun-loving. To be open to letting myself go and to freely experience light-hearted and enjoyable activities and connection.

**Generous:** to enjoy giving to myself, my partner and my family.

**Grateful:** to be grateful for, and to appreciate the positive aspects of myself, my partner and my life.

**Honest:** to be honest, truthful, and sincere with, and about myself and others.

**Humorous:** to see the humorous side of life.

**Humility:** to be humble or modest.

**Industry:** to be industrious, hard-working, and dedicated.

**Independence:** to be independent and capable, to choose my own way of doing things.

**Intelligent:** to feel clever, bright, sharp, quick, insightful or perceptive.

**Intimate:** to open to closeness and vulnerability within myself and with my partner. To be emotionally and physically connected.

**Justice:** to uphold justice and fairness and to act in a just way.

**Joyful:** to focus on having joyful experiences and seeing both my partner and the world in a positive and joyful light.

**Kind:** to be kind, compassionate, considerate, nurturing or caring towards myself or others.

**Loving:** to act lovingly or affectionately towards myself and my partner, the think loving thoughts.

**Mindful:** to be conscious of, open to, and curious about my here-and-now experiences. To stay in the present moment and not in the past or the future.

**Nurturing:** to take care of others and hold their wellbeing in high regard.

**Order:** to be orderly, planned, controlled and organized.

**Open-mindedness:** to think things through, see things from other's points of view, and weigh evidence up fairly and factually.

**Patient:** to wait calmly for what I want, to be patient with others and myself.

**Persistence:** to continue resolutely, despite problems or difficulties. To keep forging forward regardless of the resistance.

**Pleasure:** to create and give pleasure to myself or others.

**Positive:** to have hope for your future. To see myself, my partner and the world in a positive light.

**Powerful:** to feel internally safe and in control of my own life. To know that I have the strength to face most things that will come up.

**Respectful:** to be respectful towards myself or others. To be open, polite, considerate and show positive regard.

**Responsible:** to be accountable for my actions. To own what is mine to own. To rejoice in my achievements and to fix my own mistakes.

**Romantic:** to display and express love, to be mindful of the romantic behaviours my partner needs from me. To be intimately considerate and thoughtful.

**Self-aware:** to be aware of my own thoughts, emotions, feelings and actions.

**Self-care:** to look after my emotional and psychological health and wellbeing. To acknowledge and act when I need to improve or nurture these.

**Self-development:** to keep growing physically, emotionally or psychologically. To engage in growth opportunities and experiences.

**Self-control:** to act in accordance with my own ideals and to be able to moderate when necessary.

**Sensual:** to create, explore and enjoy experiences that stimulate. Being open to acting with sensuality toward my partner.

**Serene:** to feel calm, peaceful and tranquil.

**Sexual:** to explore or express my sexuality.

**Spiritual:** to connect with things bigger than myself, to find my spiritual path.

**Skilful:** to continually practice and improve my skills, and apply myself fully when exercising them. To be able to recognise gaps and areas for improvement.

**Successful:** to feel that I have everything that I wanted, that I have accomplished my desires.

**Supportive:** to be nurturing, helpful, encouraging, and available to myself or my partner.

**Thankful:** to appreciate and give thanks for what I have in my life and the person I am.

**Thoughtful:** to think through things carefully. To think about the needs and desires of others.

**Trust:** to be trustworthy, loyal, faithful, sincere, and reliable. To trust in myself and in my own abilities.

**Uniqueness:** to understand that there is no other person on the planet quite like me. I am special in every way and bring this difference into the world.

**Valuable:** to hold myself and others in high value, regard and respect.

**Vitality:** to feel excited, energised, enthusiastic and electrified. To have a zest for life.