A SHRINQ EXERCISE

The Values Exercise.

A lot of overthinking is a values problem in disguise. When you know what matters most, fewer decisions need a committee. Circle every word that pulls at you, then do the hard part: cut the list down.

Step 1: Circle what pulls at you

Honesty	Family	Health
Freedom	Mastery	Security
Creativity	Loyalty	Adventure
Faith	Fairness	Learning
Service	Independence	Connection
Courage	Stability	Humor
Ambition	Kindness	Craft
Community	Privacy	Growth
Beauty	Discipline	Generosity
Curiosity	Peace	Leadership

Words of your own that belong on this list:

Downloaded from shrinq.com
For educational purposes only. Not medical advice.

Part of The Shrink Network

Step 2: Cut to five

Cutting is the exercise. A value only guides you if it can outrank other good things. For each of your five, write what it means in your own words.

1. **Value and what it means to me:**

2. **Value and what it means to me:**

3. **Value and what it means to me:**

4. **Value and what it means to me:**

5. **Value and what it means to me:**

Step 3: One value, one action

Pick the value you have been living least. What is one specific thing you will do for it this week?

Values are verbs wearing noun costumes. If a value never shows up in your calendar, it is a preference, not a value yet.

BEFORE YOU USE THIS

This resource is provided by shrinQ (shrinq.com), part of The Shrink Network, for educational purposes only. It is not medical, psychological, or legal advice, it is not therapy, and it does not create a doctor-patient relationship. It is a general self-reflection tool and may not fit your situation or your jurisdiction. If you adapt it for professional, clinical, or organizational use, it is your responsibility to review the laws and regulations that apply where you live or practice and to create your own compliant materials. If you are struggling, talk with a licensed clinician. If you are in crisis or thinking about harming yourself, call or text 988 (in the United States) or contact your local emergency services.