

Parallel Values Processes: Client and Therapist

Questions to Ask Yourself Privately	Questions to Ask Your Client in the Room
Can I make contact with my values regarding why I am a therapist?	Can you make contact with those valued directions you identified at the start of therapy about what you want your life to stand for?
What is the overriding value right here and now in the interaction between me and my client?	What is the overriding value right here and now in the interaction between you and your therapist?
What steps can I take right here and now that are consistent with my overarching value for therapy?	What steps can you take right here and now that are consistent with those overriding values you want in your life?
If my mind is racing, can I show myself loving kindness and gently bring myself back to my value for therapy here in this room?	If your mind is racing, can you show yourself loving kindness and gently bring yourself back to your valued direction here in this room?
When I feel like my buttons are being pushed, can I make room for my own history, notice that it is being activated here and now, and be willing to stay present and continue to work toward my values in therapy?	If and when you feel stuck in your own negative feelings elicited here, can you see them for what they are, your own history, and be willing to stay present, make room for and stay on your valued track?
In the service of my values in therapy, am I willing to stand by this client unconditionally?	In the service of your values in therapy, are you willing to stand by yourself, your own vitality and what you hold to be important, unconditionally?
In my pain and suffering, I can find my values. If I am struggling with this client, feeling the need for them to change, or feeling like I cannot help them, can I notice that there is a value for therapy and for myself being with my suffering about this client?	In pain, you find your values and in your values you find your pain. In the service of getting in touch with your deep-seated values, are you willing to have that inevitable pain that goes with it?
If I do what I have always done, I will get what I have always gotten. Am I willing to let go of unworkable strategies for dealing with difficult moments with clients and do something different?	If you do what you always have done, you will get what you've always got. Are you willing to leave your usual strategies and do something new with me here?

Ten Steps to Trying on a Value

1. **Choose a Value.** Choose valued directions that you are willing to try on for at least a week. This should be a value that *you* can enact and a value that you care about. This is not a time to try to change others or manipulate them into changing.
2. **Notice Reactions.** Notice anything that comes up about whether or not this is a good value, or whether or not you really care about this value. Just notice all thoughts for what they are. Remember that your mind's job is to create thoughts. Let your mind do that and you stay on the exercise.
3. **Make a List.** Take a moment to list a few behaviors that one might say are related to the chosen value.
4. **Choose a Behavior.** From this list, choose one behavior or set of behaviors you can commit to between now and next session or the next few sessions.
5. **Notice Judgments.** Notice anything that comes up about whether or not that is a good behavior, whether or not you will enjoy it, or whether you can actually do that to which you are committing yourself.
6. **Make a Plan.** Write down how you will go about enacting this value in the very near future (today, tomorrow, this coming weekend, at the next meeting with your supervisor). Consider anything you will need to plan or get in order (e.g., call another person, clean the house, make an appointment, etc.). Choose when to do that – the sooner the better.
7. **Just Behave.** Even if this value involves other people, *do not tell them what you are doing*. See what you can notice if you just enact this value without telling them it is an 'experiment'.
8. **Keep a Daily Diary of Your Reactions.** Things to look for are other's reactions to you, any thoughts feelings or body sensations that occur before, during and after the behavior, and how you feel doing it for the second (or fifth, or tenth, or hundredth) time. Watch for evaluations that indicate whether this activity, value, or valued direction was 'good' or 'bad' or judgments about others, or yourself in relation to living this value. Gently thank your mind for those thoughts, and see if you can choose not to buy into the judgments it makes about the activity.
9. **Commit.** Every day. Notice anything that shows up as you do so.
10. **Reflect.** Please bring your Daily Reactions Diary back to session on: _____