

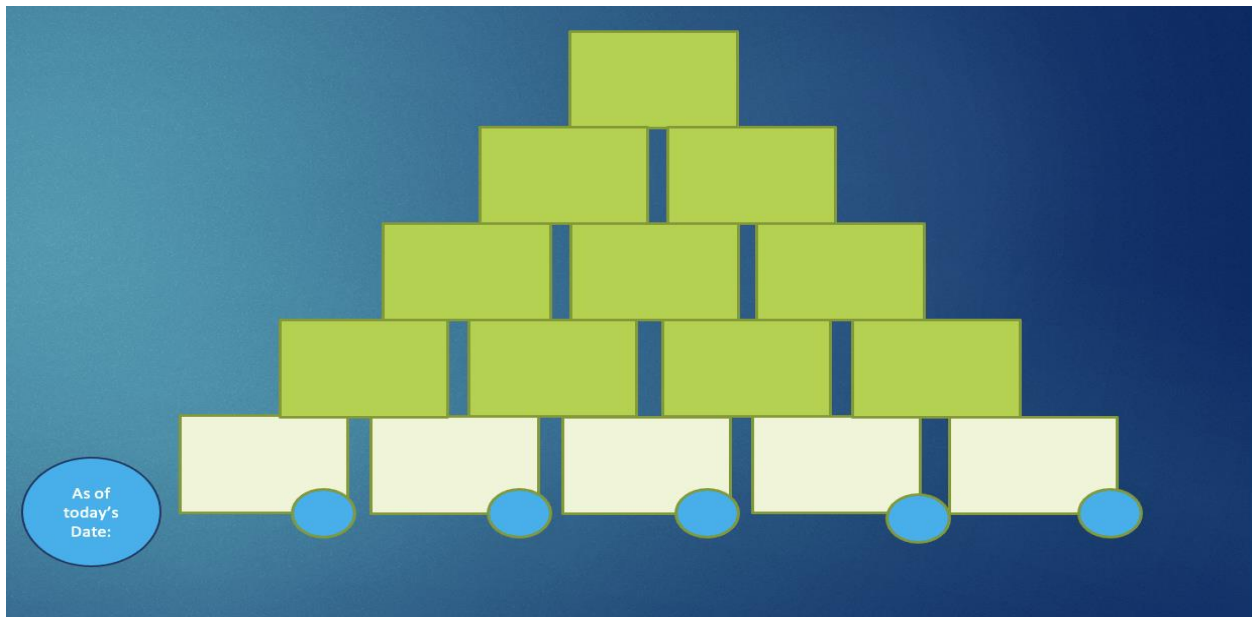


Identifying Core Values and building a personal coping plan

WORKSHEET

Starting Points:

- The “Core Values Pyramid”[®] represents characteristics of the best YOU that you can become.
- Not others’ expectations or desires for who you are, but your own.
- Start with ONLY the first five blocks on the bottom and leave the rest blank.



FILL IN THIS TABLE FOR YOURSELF:

Today's date:

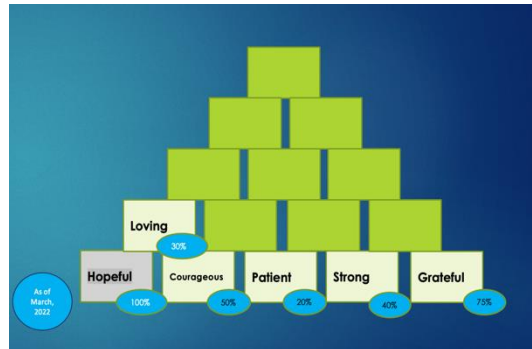
STEPS

1. Identify a characteristic or descriptor (one in each of the bottom five blocks on the next slide) that describes you as the person that you would like to more fully develop or that you aspire to become.



Kira Mauseth, Ph.D.
drkira@astrumhealthllc.org
www.astrumhealthllc.org

2. Evaluate the percentage to which you feel as if you are completely embodying each value, as of today's date, in the small blue circle next to that value. Remember: to be at 100% you need to embody this value in ALL aspects of your life and in all the various roles you play. (Friend, leader, parent, sibling, etc Sample here:



3. Pick one or two that you would like to focus on for development.
 4. On another piece of paper, or the back of same- Define how embodiment of those value would look in your daily life. See example here:

YOU CAN DELETE THE EXAMPLES IN THE TABLE BELOW AND FILL IT IN WITH PERSONAL IDEAS

VALUE	ROLE	CHALLENGE / OBSTACLE	OPPORTUNITY
Patient			
	Parent	Tiredness	Slow down when disciplining
	Clinician	Frustration	Look for connections in their story
Strong			
	Self - Physical	Time to exercise during day	Walks in evening with kids
	Self- Mental	Too much work	Boundaries for time on computer at night

DEVELOPING A PERSONAL COPING PLAN

- Many of our previous coping options may have been eliminated from our list of realistic or viable options.



Kira Mauseth, Ph.D.
drkira@astrumhealthllc.org
www.astrumhealthllc.org

- Research is clear that anticipation of our ‘exposures’, as well as creating and working a deterrent plan is one of the most effective ways of reducing symptoms and new incidents of disorder.
- Let’s take a note from not making “new years resolutions” and set the right kinds of goals (hint: they have to be achievable).

WHAT GOES INTO A GOOD COPING PLAN:

- Clear Identification of when you need to use it.
- Clear identification of what is available (internal strengths / external resources) to help you.
- Sensory engagement – sight, touch, taste, smell, sound
- Different time frames (things you can do at work in 5 minutes, and things that you can do when you have several hours or a day on the weekend)
- Remember the ingredients of resilience: Purpose, Connection, Adaptability & Hope
- Other PEOPLE need to be included as external resources when possible.

GET STARTED ON YOUR OWN PLAN

Sample plan and lay out here **(DELETE THE EXAMPLES BELOW AND FILL IT IN WITH PERSONAL IDEAS):**

Concern	Indicators	People resources	Coping Option	Length of time or resource needed	Other info or resources needed
Exhaustion	Tension headache, snappiness	(names)			
			Walking the dog	10-30 minutes	After work / at home
			3 days sleep hygiene	3 days to re-set	None
Anxiety	Mental confusion, High heart rate, Stomach upset	(names)			
			Hot shower	30 minutes	Home / none



Kira Mauseth, Ph.D.
drkira@astrumhealthllc.org
www.astrumhealthllc.org

			Brief Mindfulness exercise	5-10 minutes	No interruptions at work
			Text memes	2-5 minutes	(Names of friends)