



# Emergence Hypnotherapy and Coaching

emerge: *[ih-murj]* – verb, to rise up; come into existence; to evolve

## Values Exercise

This values exercise has three parts. Part 1 is to list all your values. Part 2 is to order your values—this is done in a specific way. Part 3 is to review your list looking for potential conflicts in your values. Please complete each part individually without thinking ahead to the next part.

### Part 1

In this section, you simply want to make a complete list of your values. Please remember that values are different from tasks or activities you like to do. For example, you may like to paint, but the value behind that activity might be creativity or personal expression. List as many values as possible. Try to list at least 20.

If possible, set your list aside for a couple of days before you complete Part 2. Review the list each day and see if there are any more values to add. When your list is complete, look back over it to see if any values are really the same idea written in two different ways; for example, kindness and courtesy. If so, combine them. If your final list is longer or shorter than 20 values, that is just fine. There is no specific number needed.

Sample Values List:

- Creativity
- Personal expression
- Freedom
- Relationship
- Respect
- Inclusion
- Commitment
- Kindness

### Part 2

Once you feel your values list is complete, you need to rank your values. This process is done in a specific way. Start with the first value on your list and compare it to the next. Ask yourself, “Which value is more important? If I could have only one of these values, which one would I sacrifice and which one would I hang onto no matter what?” Then compare the value you would keep to the next value on the list. Keep going until you have the value that you would choose over all the others. Write it down as your first value. Repeat the process for each value in turn until all of them are listed in order. See below for an example from the list above:

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- I begin by comparing creativity and personal expression.
- Between the two, I choose creativity.
- I then compare creativity and freedom.
- Creativity is still my top value.
- I also value creativity over relationship.
- However, I choose respect over creativity.
- I continue down the list, comparing respect to all other values.
- At the end, I do a quick check just to confirm I value respect above the first values I had listed.
- I then write respect as the number one value.
- I continue the process with creativity and discover it is my number two value.
- I apply the process with personal expression, etc., until all the values are ranked in order of importance.

In the end, my initial list and my list ranked in order of what I value most might look like this:

#### Sample Values List:

- Creativity
- Personal expression
- Freedom
- Relationship
- Respect
- Inclusion
- Commitment
- Kindness

#### Sample Values Ranked by Importance:

1. Respect
2. Creativity
3. Relationship
4. Commitment
5. Freedom
6. Personal expression
7. Kindness
8. Inclusion

### Part 3

Now that your values are ordered, look back over your list and see if any of them have the potential to conflict with each other. This is known as a “conflict pair.” For example, inclusion might be in conflict with personal expression. Commitment might be in conflict with freedom. Write your conflict pairs together.

Most often, you will pull to your highest ranked value—at least over time. If you rank commitment higher than freedom, the chances are that you will have more commitments and less freedom than you would like. Spend some time thinking about how the conflict between these values is appearing in your life. Explore the links between the conflicts in your values and unfulfilled desires or goals in your life. How are the conflicts in your values impacting your ability to have some of the things you desire?

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