

## Moving Towards and Moving Away Worksheet

Below are some areas that are valued by some people. Take a moment to think about what each of these areas means to you. Some areas may be important to you and others might not.

1. **Family relations.** What sort of brother/sister, son/daughter, uncle/aunt do you want to be?
2. **Marriage/couples/intimate relations.** What sort of partner would you like to be?
3. **Parenting.** What sort of parent would you like to be?
4. **Friendships/social life.** What sort of qualities would you like to bring to your friendships?
5. **Career/employment.** What kind of worker would you like to be?
6. **Education/personal growth and development.** What new skills would you like to learn?
7. **Recreation/fun/leisure.** What sorts of hobbies, sports, or leisure activities do you enjoy?
8. **Spirituality.** What is important to you in this area of life?
9. **Citizenship/community life.** Would you like to contribute to your community through volunteering, recycling, or supporting a group/charity/political party?
10. **Self-care (eating/sleeping/exercising).** How would you like to take care of your body.
11. **Other.** If there is something else that is important in your life, add it here: \_\_\_\_\_

Choose a value from above to examine a bit more closely. Pick one that it would matter to you if something meaningful could happen in that area, a value you would like to work on.

Please write a short sentence describing this value, including a few qualities you'd like to have in the area.

**Example:** My value is self-care. I want to take care of my body by making sure I eat well, exercise and get enough rest.

My value is

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Now, let's take time to notice how you move towards and away from this value you chose. Try to fill the boxes out in order. You can always go back and add more or change it. If you can't think of anything, move on and come back to it. **Remember this is practice, not perfect!**

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### 5-senses

Anyone could see these  
taste, touch, see, hear, smell

3. Write down how you cope when you have these thoughts, feelings, urges, and/or bodily sensations (e.g., eat, drink, watch tv, withdraw, argue)

4. Write down some small acts you could do that would move you towards this value you chose. Don't forget to think small.

**Away**

**Towards**

2. Write down what gets in the way of acting towards this value (thoughts, emotions, urges, bodily sensations)?

1. Write down the value you chose here and briefly say why this value matters to you.

**Mental Experience** (only we can see these)  
thoughts, emotions, motivations, concerns