



A GUIDE TO

Getting UnStuck

LEARNING HOW TO LIVE OUT YOUR VALUES AND NOT YOUR FEELINGS

WHY DO I KEEP DOING THINGS THAT LEAVE ME FEELING HURT, EMPTY, GUILTY AND ASHAMED?

Following our feelings can make us feel better in the moment, (which is why we do it!), but living this way does not make us feel very good in the long run. Instead of feeling joyful and peaceful, we get stuck in a vicious cycle of doing things that are unhelpful or unhealthy to cope with our feelings. We might feel better for a short while, but then we get flooded with regret, guilt, shame and sorrow over the choices we have made. We end up feeling disappointed with ourselves, wondering why we lack peace and don't see positive growth in our life.

I know that you want to learn to keep your difficult thoughts and feelings from hijacking your behaviour. You just need to know how.

Let me encourage you, experiencing greater peace and purpose in your life is possible. By choosing to do what matters most to you, rather than acting based on your feelings, you can begin to break free from the unhelpful hang-ups and habits that are making you feel so disappointed with yourself. It is possible to experience greater internal peace and to know that you are living the life you were created for.

I wanted to check in with you and see how you're doing... if you're experiencing the sensation of being stirred up inside, it's entirely normal. Maybe you are feeling worried about what you will have to give up, feeling anxious that you might not be able to do things differently or feeling hopeless because you have tried to change but failed in the past. Change can be scary, and having strong emotions about it is understandable.

But, what would happen if you moved through your feelings, not letting them discourage you from taking action? What would happen if you began to focus instead on what you would rather see happening in your life? What if moving in that direction became the focus and not your feelings?

First, let's start by identifying your values and create a vision for the life you would rather be living. To get you started, let me ask you some questions;

What do you want to be known for?

What kind of a wife do you want to be?

What kind of a legacy do you want to leave for your children?

What kind of an impact do you want to have while you are on earth?

What are you uniquely called to do?



Take some time to slow down, get still and answer one or more of the questions above. Use the space below to journal your answers.

What have you learned about what is important to you?

WHAT ABOUT YOUR VALUES?

There are global values that guide the actions of those around us. The values we prioritize define who we are. Our values may include being loving, inclusive, environmentally conscious, taking time to rest or being diligent in our work.

Let's dive a little deeper, using the worksheets that I have created, to get some clarity about your values.

Before you start the worksheets, I suggest beginning with a time of reflection on your purpose for your life. Then read over the list of values and circle the ones that resonate most deeply with you. This is not a complete list of values, but a great starting place. Feel free to add any values that I have missed to your list.

On the second sheet, write the top four values that you would like to see exhibited in your life. I challenge you to courageously ask yourself if these values are showing up, right now, in your day-to-day. Score yourself from 0 to 10, with 0 being the value is absent and 10 is that you are walking out this value. Use this to evaluate how you are doing. If there are values that you have identified that you are not living in line with, that's ok! We are all imperfect and have the opportunity to better ourselves. See it as some great information that tells you about what you need to focus on.

Take a moment and write a brief description of what it will look like when you are living in line with that value. For example, if you identified kindness among your core values, you might write that you want to be known for speaking kind and encouraging words.

Then, because I know you really want an action plan, take out the third sheet. Write one small step you can take in your valued direction. Something that is specific, realistic and that you could take on, even this week. Small step after small step in the right direction brings about great change!

At the end of the week, use the fourth sheet to evaluate how you did.

Naming My Values

Value #1

Value #2

Value #3

Value #4

Read through the list of values below. Circle the values that are most important to you. Record the four that you most strongly identify with, in the boxes above.

Loving

Honest

Kind

Faithful

Integrity

Humble

Gentle

Peaceful

Generous

Thankful

Patient

Committed

Forgiving

Courageous

Just

Hopeful

Wise

Self-Controlled

Joyful

Family-Oriented

Frugal

Loyal

Compassionate

Servant

Diligent

Determined

Efficient

Hard-Working

Humorous

Assertive

Brave

Calm

Careful

Confident

Healthy

Imaginative

Passionate

Organized

Trustworthy

Realistic

Reasonable

Sensitive

Tolerant

Unique

Persistent

Welcoming

Ethical

Empathic



One last thing...

I believe that you want to be living a life of purpose, rather than staying stuck. I hope this workbook has been a helpful start in moving away from a life run by feelings and towards living out what is most meaningful to you. I'd love to meet with you personally and walk alongside you through this process. In session, we can gain clarity on your values and vision and create a plan to help you live an authentic, purpose-filled life.

You can find me at <https://restorecounselling.ca> or by phone at (902)800-1222

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