



RULES FOR YOUR ANTI VALUES

Let's take the top three values that you *hate to feel*.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Now, for each one, write down what has to happen for you to feel that value.

**For example:** *What has to happen for you to feel rejected? People avoiding you? Being told 'No'?*

Anti Value 1:


Anti Value 2:





Anti Value 3:


Rate how easy have you made it for yourself to feel each value ((i.e. How easy have you make it to feel bad each day?)

		<b>EASY</b>									<b>DIFFICULT</b>		
<b>Value 1</b>	1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
<b>Value 2</b>	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
<b>Value 3</b>	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10

Just take a moment and consider what you can do that would assist you not to feel that anti value