

## Value Process

Value formation requires that all seven of these criteria be met for your value to be a real one. If it does not meet all of these criteria, then your value is not a true value. You may realize that many of the things you claim to value are, in fact, not really values for you. Believing in and acting on a value is just like believing and accepting yourself in the sense that there is no half way to do it. When you meet these criteria and have the self-acceptance foundation, there is nothing you cannot accomplish.

1. A value is real for me when I choose it with personal freedom. Ask yourself the following:
  - a. Was I persuaded by another to believe this?
  - b. Was I convinced by another to accept this belief?
  - c. Will I receive a reward or punishment based on my choice?
  - d. Is it a belief that has been "passed down" to me?
2. A value is real for me when I choose it among other choices. Ask yourself the following:
  - a. Did I consider all the possibilities?
  - b. Did I reflect on the life-giving or life-limiting result of each choice?
  - c. Does the choice do the most good and least harm?
3. A value is real for me when I consider the positive and negative results of my choice. Ask yourself the following:
  - a. Did I think out the pro's and con's of each situation?
  - b. Am I willing to take the resulting responsibility for my choices?
  - c. Do the means justify the end?
  - d. How will this affect me, others, and society?

4. A value is real for me when I receive pride and energy from it. Ask yourself the following:
  - a. Does the choice make you feel good about yourself?
  - b. Do you want to celebrate the goodness of your choice?
  - c. Do you feel a sense of intimacy with the result?
  - d. Would you be embarrassed if your choice were published in a newspaper?
5. A value is real for me when I am not afraid to show it. Ask yourself the following:
  - a. Do you feel comfortable talking about your choice?
  - b. Are you feeling self-conscious about your decision?
  - c. Do you think twice and decide to abandon it in different situations?
  - d. Do you worry about the way others will perceive your choice?
6. A value is real for me when I live it out. Ask yourself the following:
  - a. Did you act on your belief?
  - b. Do you feel your actions are appropriate?
  - c. Do you back up your beliefs with action?
7. A value is real for me when I live it out in word and action. Ask yourself the following:
  - a. Would you make the same choice under the same circumstances again?
  - b. Is it only a "situational" decision?
  - c. Do you say one thing and do another?
  - d. How do you demonstrate commitment to your value?