

Journal Exercise: Values

Consider these questions as you think about your values:

If you continue to avoid your unpleasant internal experiences, how long are you willing to wait to live your life according to your values?

In your waiting for the unpleasant internal experiences to go away, how much are you giving up in the mean time?

What do you think would happen if, instead of waiting for an unwanted internal experience to go away before you started living your life to the fullest, you just started living your life and openly accepting your experiences?
