



YOUR VISION, PART 2 “Your Core Values”

Sometimes, since we’ve been abusing alcohol for so long or we’ve had chronic disappointments, we have a hard time figuring out how to craft a “vision” for ourselves. A good place to start can be with identifying our core values. What we REALLY care about.

In Cognitive Behavioral Therapy and also in SMART Recovery, they have people try to identify their core 5-10 values, and then list them in order of importance. Once you can identify your most important values, it should be easier to set clear goals that allow you to live more in alignment with them. When you’re living in alignment with your most deeply held values, you tend to experience greater happiness, contentment, and clarity. The way I like to put it is that you have **“all of you going in the same direction”** ...instead of being **“divided”** (eg: part of you sabotaging this, or excelling at that, or drinking like a fish while at the same time, trying to eat organic.)

If you’re anything like me, it’s a little difficult to name core values off the top of my head. One of the attendees of a recovery workshop I did was very helpful in finding a website that had a “cheatsheet” type of list to go from. At the time of the writing of this “The Other Side of the Bottle” course, that link for the cheatsheet is <https://www.threadsculture.com/core-values-examples> ...definitely visit that site and see if it will help you find your core values.

Another way to uncover your most important 5-10 core values is to ask yourself some of the following questions:

- What do I want to stand for in life?
- What things are most important to me in life?
- What type of person do I admire and why?
- What do I want others to think and say about me?
- What qualities do I want to be known for?
- What types of values are important in my family?
- How do I want to relate to other people?
- What types of behaviors or attributes are important to my success at work? In relationships? In life?

IMPORTANT AND SAD NOTE: *One thing to point out that’s very important is... if you are actively abusing alcohol, it is actually your #1 core value. Sad, but true. Because I guarantee you, it’s coming before (and to the detriment of) the other important values you have on your list. Even though you can’t magically conjure the willpower to stop abusing alcohol in an instant, I assume that since you are part of this Course, it’s important to you to stop ASAP. So make the list without actually listing “abusing alcohol” at the top position... but keep the list around visibly, with you, so you always know that if you do decide to drink again, you are putting it in space #1 and it’s going to be actively hurting the other very important values in your life.*

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| 3 | 8 |
| 4 | 9 |
| 5 | 10 |