

Values

Posted by Hakolhevel - 17 Dec 2021 06:10

There is a values exercise. It's very easy to be shallow there and lie to ourselves (as we have been for many years)

Anyone has any thoughts on how to really dig deep down to figure out what our values are?

From what I see the course doesn't give much help in this area. And this seemingly is part of the engine of the program, I would want to get it at least mostly right.

=====

=====

Re: Values

Posted by MenachemGYE - 23 Dec 2021 09:19

@a.green

There we go! That list of values looks amazing!

@smartlakewood, on F2F we also have a similar worksheet, it's called Values, Vision, and Goals. Here's a link: guardyoureyes.com/f2f/w/9.3.pdf. But for some people, it makes sense to first focus on recovery from P&M, and focus on setting goals once they reach some stability.

=====

=====

Re: Values

Posted by Hashem Help Me - 24 Dec 2021 12:26

Powerful stuff here...

=====

=====

Re: Values

Posted by Trouble - 28 Dec 2021 20:23

[Trouble wrote on 20 Dec 2021 16:32:](#)

i do apologize for barging in on the party, but perhaps a compare and contrast program/details may help the conversation. the program depicted below has not been researched by the atlantic monthly medical journal; it has not been authorized by the counselling and mental health services at harvard, nor has it been reviewed by its periodical on medicine and therapy; it has, however, been prepared for ms. virginia, mental health nurse and pimhnet focal point, republic of nauru hospital. ok, enough with the introduction:

f2fL©

my program, which may be a big fat lie, is built to help myself strive, thrive and survive; it is called: "forever is 2 efing Long." who can do something forever? not i. i need to be able to live life; hence my program.

values

1. live life productively
2. manage time effectively
3. maintain a positive feeling regarding sex

goals

1. a. i'd like to make a difference in this world
- b. i'd like relationships to grow and flourish
2. a. i'd like to be working during working hours
- b. i'd like to concentrate on my family during family time

c. i'd like to make more family time

d. i'd like to accomplish all tasks

e. i'd like to keep all chavrusos

3. a. i'd like to be there for my wife intimately as her needs/wants arise

b. i'd like all the focus to be on her

c. i'd like all my extracurricular sexual sexcapades to be a positive experience, not negative

d. i'd like that feeling to be there prior, during and after

implementation

1. when an urge arises (point x), document its intensity (1-10; 1 being lowest)

2. decide to hold off acting upon it

3. when you do give in (point y), which is completely fine, document your level of productivity between x and y

4. document your feeling of guilt (wife, god, yourself)

5. document your level of productivity between y and the next x

6. repeat

points to keep in mind

1. amount of days in between x and y is meaningless

2. amount of days between y and the next x is meaningless

3. goals will be rated and documented on a monthly basis

4. so sharks, who wants to swim with me?

implementation

1. when an urge arises (point x), document its intensity (1-10; 1 being lowest) - **5/7**
2. decide to hold off acting upon it - **done**
3. when you do give in (point y), which is completely fine, document your level of productivity between x and y - **when it was a 5, productivity was a 7; when it was a 7, productivity was a 5.**
4. document your feeling of guilt (wife, god, yourself) - **2**
5. document your level of productivity between y and the next x

=====

====

Re: Values

Posted by Trouble - 17 Jan 2022 19:33

[Trouble wrote on 28 Dec 2021 20:23:](#)

[Trouble wrote on 20 Dec 2021 16:32:](#)

i do apologize for barging in on the party, but perhaps a compare and contrast program/details may help the conversation. the program depicted below has not been researched by the atlantic monthly medical journal; it has not been authorized by the counselling and mental health services at harvard, nor has it been reviewed by its periodical on medicine and therapy; it has, however, been prepared for ms. virginia, mental health nurse and pimhnet focal point, republic of nauru hospital. ok, enough with the introduction:

f2fL©

my program, which may be a big fat lie, is built to help myself strive, thrive and survive; it is called: "forever is 2 efing Long." who can do something forever? not i. i need to be able to live life; hence my program.

values

1. live life productively
2. manage time effectively
3. maintain a positive feeling regarding sex

goals

1. a. i'd like to make a difference in this world
b. i'd like relationships to grow and flourish
2. a. i'd like to be working during working hours
b. i'd like to concentrate on my family during family time
c. i'd like to make more family time
d. i'd like to accomplish all tasks
e. i'd like to keep all chavrusos
3. a. i'd like to be there for my wife intimately as her needs/wants arise
b. i'd like all the focus to be on her
c. i'd like all my extracurricular sexual sexcapades to be a positive experience, not negative
d. i'd like that feeling to be there prior, during and after

implementation

1. when an urge arises (point x), document its intensity (1-10; 1 being lowest)
2. decide to hold off acting upon it
3. when you do give in (point y), which is completely fine, document your level of productivity between x and y

4. document your feeling of guilt (wife, god, yourself)
5. document your level of productivity between y and the next x
6. repeat

points to keep in mind

1. amount of days in between x and y is meaningless
2. amount of days between y and the next x is meaningless
3. goals will be rated and documented on a monthly basis
4. so sharks, who wants to swim with me?

implementation

1. when an urge arises (point x), document its intensity (1-10; 1 being lowest) - **5/7**
2. decide to hold off acting upon it - **done**
3. when you do give in (point y), which is completely fine, document your level of productivity between x and y - **when it was a 5, productivity was a 7; when it was a 7, productivity was a 5.**
4. document your feeling of guilt (wife, god, yourself) - **2**
5. document your level of productivity between y and the next x

productivity still on the higher end.

i am pleased that i have not "booked" yet.also pleased that i have not engaged any woman on webcam.although there are some practical reasons for both of the above that has nothing to do with being "koveish," it still does demonstrate some type of self control - not enough to stop this alltogether, but something.

outside the moqua well in yaren, nauru; temperature today 86f

=====

====