



No matter how you feel, do what matters to you

Use your values to help you do what matters to you, in spite of how you feel.

Our feelings can stop us from acting in ways that matter to us. We might behave in ways that give us immediate relief from uncomfortable feelings, but which are against our values. Regulating emotions involves doing the things that are important to us, in spite of how we feel.

Imagine your life is like a long road trip and your mind is the minivan you are driving. YOU, your thoughts and feelings are crammed into the minivan together. Even though it may not feel like it at times, YOU are the one driving. It is probably noisy in your minivan. Minds think. Constantly. That's their job.

But not every thought thrown up by your mind is accurate or helpful. Not every emotion you feel belongs in that time or place. Think of your thoughts and feelings as different passengers in your minivan.

Some are great travelling companions. Some are helpful. Some are fun. Some are bullies. Some are frightening. Unfortunately, unlike a real road trip, you can't kick any of these guys out of your mind. You are stuck with them. If you learn how to give them enough room, they will stop complaining! But don't let them anywhere near the wheel or let them navigate for you!

THERE ARE A FEW RULES ON THE LIFE ROAD TRIP...

On this road trip, your values are your compass. You may not know where you are going exactly, but your values point you in the right direction. Occasionally you have clear goals you want to achieve. These are a map, with specific directions. YOUR job is to keep your minivan pointed in the right direction, and not be distracted by your passengers.





IDENTIFY YOUR PASSENGERS

This exercise gets you to identify some of the passengers in your minivan and helps you point your minivan in the direction of your values.

Some of the most common passengers are:

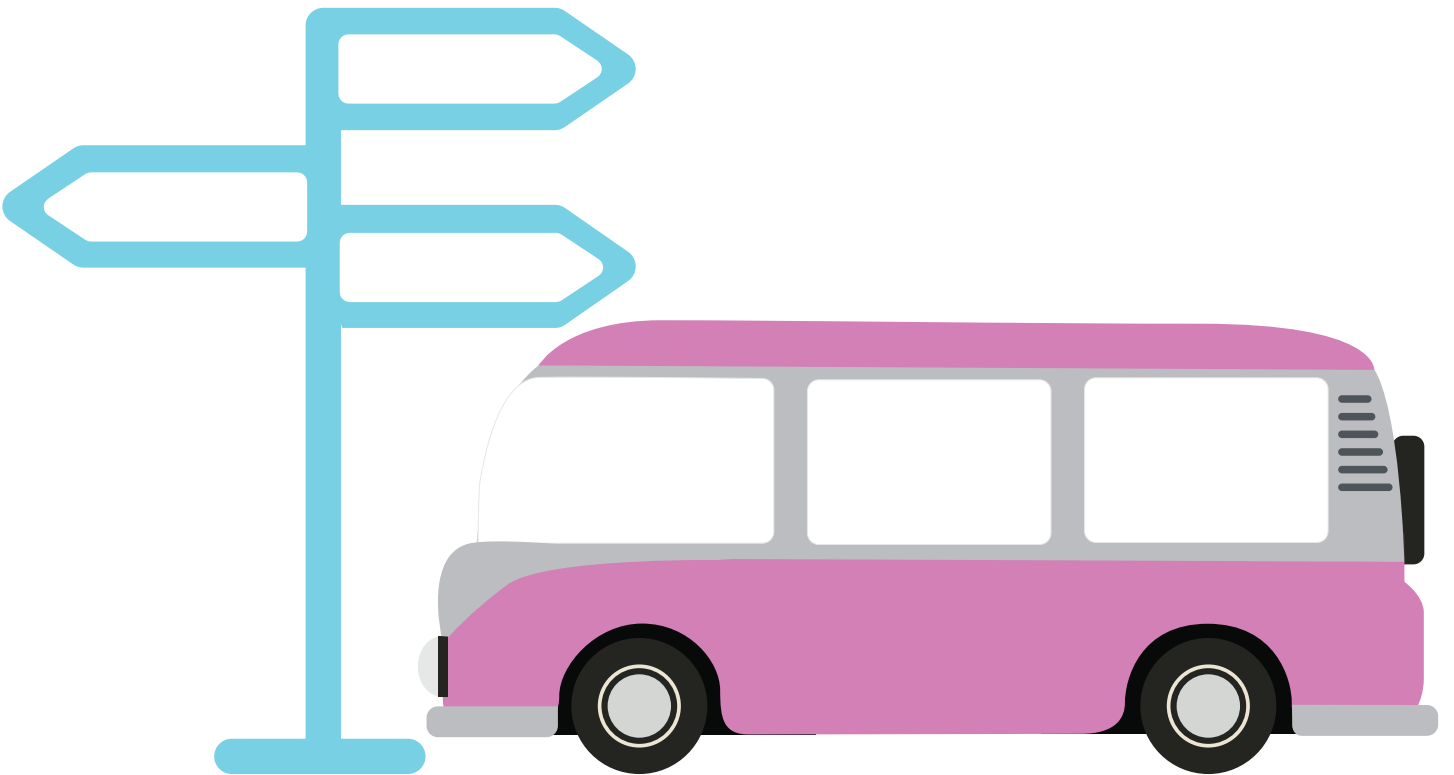
- 1. The bully
- 2. The judge
- 3. The coach
- 4. The restless kid
- 5. The scared little kid
- 6. The critic
- 7. That one that sits up the back and hates you...

How many passengers can you identify? Try to come up with at least 3 of the loudest. Give them a name. Draw their face in the windows on the minivan. Now write your top 3 values on the road sign in front of your van.



Values can include things like:

Ambition, Compassion, Courage, Forgiveness, Generosity, Honesty, Kindness, Loyalty, Reliable, Trustworthy



PRACTICE & REFLECT

Notice the common passengers and the directions they try to give you throughout the week. Write their names down when you notice them. Try not to respond. This will help keep your minivan pointed in the right direction, in spite of what the passengers are saying.

MON	TUE	WED	THUR	FRI	SAT	SUN
○ _____	○ _____	○ _____	○ _____	○ _____	○ _____	○ _____
○ _____	○ _____	○ _____	○ _____	○ _____	○ _____	○ _____
○ _____	○ _____	○ _____	○ _____	○ _____	○ _____	○ _____