Reconnecting with My Values and Preferences

Finding a voice that feels like my own

Relationships can change how we express preferences. Begin with small, ordinary choices rather than major life decisions.

TAKE YOUR TIME There is no right or wrong answer. You can leave a question blank and return later.

1. **Something I enjoy, or used to enjoy, is...**

2. **A value I want more of in my everyday life is...**

3. **One preference I have been minimizing is...**

4. **When do I feel most like myself?**

5. **What would a small choice aligned with my values look like?**

6. **Who, if anyone, helps me feel comfortable having my own perspective?**

EDUCATIONAL SOURCES

Kempe, A. (2022). After Self-Betrayal: Strategies to Help Clients Find Their Authentic Selves. PESI. | Johnston, N. (2020). Codependence: Treatment Strategies for Clients Who Lose Themselves in Others. PESI.