

VALUES Inconsistent

Moving **away** from the life outcome you want;
acting **ineffectively**;
behaving **unlike** the person you want to be

Difficult **thoughts** and **feelings**

- What if?
- Catastrophizing

VALUES Consistent

Moving **toward** the life outcome you want;
acting **effectively**;
behaving **like** the person you want to be

Values you want to live by
and the **strengths** and **skills**
you can use

CHOICE
POINTS