



Daily Agenda of Value Driven Behaviors

*Pre-requisite for this worksheet is the Finding My Values & Value Driven Behaviors Worksheets

Now that we have identified your top five values AND some behaviors that you can engage in which will help move you towards those values, we are going to create an emergency agenda. I've used a similar tool when I was in an obsessive episode. When we're battling things like Depression, Anxiety, and OCD, we will often default to behaviors that are unhelpful or destructive. To make matters more distressing, we usually *know* that the behaviors we are engaging in are not the right ones, but we are so distraught or distracted by our emotional or mental struggle, that we cannot find the energy or clarity of mind to **change** what we are doing. Enter the emergency agenda.

In the table on the next page, I want you to think about behaviors that you could do, which would be possible and appropriate for the hour listed. Think things like "Watch my favorite movie" or "Meditate" at 2 am. Or, "Go for a run" at 2 pm. Pull as many of the behaviors as you can from the Value Driven Behaviors worksheet that you did before this one. Add in some new ones if you think of them. For example, watching your favorite movie when you have insomnia may not be value-driven, per say, but it's a lot better than lying in bed worrying or beating yourself up for still being awake. Keep the list as varied as possible, giving yourself a lot to choose from.

Now, I know you won't always be able to do the thing you've listed. Let's say you're having anxiety at 2 pm on a Tuesday and you're at work. Your worksheet says you should "Walk the dog" in that slot, but obviously you can't do that when you're at work. The idea here is that you'll have so many behaviors listed, and listed for all times of day, that you'll be able to pick at least *something* at any given time, even if it is from another of the time slots. With that said, especially for the daytime behaviors, try to sprinkle in ones that would work for the various scenarios you find yourself in (work, home, commuting, traveling, etc.).

The next time you are struggling, or you find yourself slipping into destructive behavior, or maybe frozen and unable to do anything at all, pull out this agenda and pick a behavior.

HEADS UP – I've said it before, and I'll say it again – Choosing to engage in a value-driven behavior when you are in the middle of a mental or emotional struggle **WILL NOT BE EASY**. It just won't. I want to set your expectation for that now so that you aren't surprised when it's hard. The trick is to do it anyways. Force it. Go through the motions. Just don't quit. Your results will vary. Sometimes it may make you feel immediately better. Sometimes only marginally so. Sometimes it won't make you feel better at all, but at least it kept you from engaging in destructive behavior and thinking. The more you practice these things, the better you will get at them and the more they will help.

You just have to do the work. I once heard a therapist say "If you get better, it will be all your fault." I couldn't have said it better myself.

Time	Behavior
12:00 AM	
1:00 AM	
2:00 AM	
3:00 AM	
4:00 AM	
5:00 AM	
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	