



Week 3

Values, ethics, boundaries, communication and integrity

- A rhetorical question: **What do we do with the sensitive information we perceive?**
 - Values exercise as a group. What are your top 2 values?
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- Ethics: group – extrinsic- moral principles that govern a person's behavior or the conducting of an activity
- Morals: individual - a person's standards of behavior or beliefs concerning what is and is not acceptable for them to do. Morals are usually expressed in statements or rules.
 - Thou shalt not murder.
 - Love your neighbor as yourself.
- Values: The values you were born with are what provide your intrinsic motivation for doing things. Values are more abstract.
 - Kindness
 - Health
 - Authenticity
 - Truth
 - Joy

Your values come up when someone describes your personality or your character: “She’s such a [passionate person](#).”

- Differences:
 - Morals can change if your influences change; values tend to remain the same.
 - Morals help the individual judge between right and wrong; values motivate the individual to do something.
 - Morals are all about what’s right and wrong, which makes them similar to ethics. But morals feel more personal than ethics because there’s an emotional component to them.
 - Morals can be based on values; values come before morals. Only when you see (or feel) a conflict between the two do you feel pulled in the direction that diverges from the society-approved moral path.
 - Generally, though, living by *your* values is more crucial to your integrity and happiness than adhering to someone else’s.

- Your internal guidance system, governed mainly by your core values, has a stronger hold on you than externally imposed morals.

- Boundaries: a limit of a subject or sphere of activity
- Integrity: the quality of being honest and having strong moral principles; moral uprightness

Discussion:

- How do we handle the information, confirm it? Or not?
- What is intuition vs. story?
- Boundaries – When do we share it? With the person we got it from? With others?
- Communication – Ways to communicate with that person?
- Integrity – Holding onto the information

Hands-on:

- Self-awareness – boundaries – How do you feel? Clear and centered enough to work with someone? Phone, in-person, touching, not touching.....
- Body awareness – notice your bubble
- Meditation: Grounding, clearing and releasing cords to others
- Notice your bubble now – What's different? Anything?
- Setting the intention – Clients and yours – What would they like out of the session? How much time are we allocating?
- Physical, mental, emotional, intuitive intelligence

Homework:

Practice:

- **clearing yourself each day – Check for cords, anything that doesn't contribute to you now. When something won't let go.....ask questions!**
- **connecting with your superconscious**
- **grounding, managing your energy**

Next week:

Responsibilities: ours and others - Guest speaker – Angela Myer

References:

Brene Brown – Living into our values worksheet

Morals Vs. Values: 7 Differences Everyone Should Know

liveboldandbloom.com/10/self-improvement/morals-vs-values

Empaths & Healers Course

Week 3, page 2



Living Into Our Values

Values Clarification

*Content and exercise covered on
pages 185–197 of Dare to Lead.*

Refer to the list on page 3 and identify your two values—the beliefs that are most important to you, that help you find your way in the dark, that fill you with a feeling of purpose.

When selecting your values, ask yourself the following questions:

- Does this define me?
- Is this who I am at my best?
- Is this a filter that I use to make hard decisions?

Value 1:

Value 2:

Taking Values From BS to Behavior

Answer the following questions to dig into your values:

Value 1:

- 1.** What are one or two behaviors that support your value?

- 2.** What are one or two slippery behaviors that are outside your value?

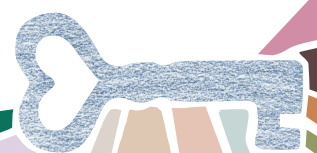
- 3.** What's an example of a time when you were fully living into this value?

Value 2:

- 1.** What are one or two behaviors that support your value?

- 2.** What are one or two slippery behaviors that are outside your value?

- 3.** What's an example of a time when you were fully living into this value?



Keeping in mind both of your values, answer the following:

1. Who is someone who knows your values and supports your efforts to live into them?

2. What does support from this person look like?

3. What can you do as an act of self-compassion to support yourself in the hard work of living into your values?

4. What are the early warning indicators or signs that you're living outside your values?

5. What does it feel like when you're living into your values?

6. How can you check yourself?



List of Values

Accountability	Efficiency	Intuition	Security
Achievement	Environment	Job security	Self-discipline
Activism	Equality	Joy	Self-expression
Adaptability	Ethics	Justice	Self-respect
Adventure	Excellence	Kindness	Serenity
Altruism	Fairness	Knowledge	Service
Ambition	Faith	Leadership	Simplicity
Authenticity	Family	Learning	Spirituality
Balance	Financial stability	Legacy	Stewardship
Beauty	Forgiveness	Leisure	Success
Being the best	Freedom	Love	Teamwork
Being a good sport	Friendship	Loyalty	Thrift
Belonging	Fun	Making a difference	Time
Career	Future generations	Nature	Tradition
Caring	Generosity	Openness	Travel
Co-creation	Giving back	Optimism	Trust
Collaboration	Grace	Order	Truth
Commitment	Gratitude	Parenting	Understanding
Community	Growth	Patience	Uniqueness
Compassion	Harmony	Patriotism	Usefulness
Competence	Health	Peace	Vision
Confidence	Heritage	Perseverance	Vulnerability
Connection	Home	Personal fulfillment	Wealth
Contentment	Honesty	Power	Wellbeing
Contribution	Hope	Pride	Wholeheartedness
Cooperation	Humility	Recognition	Wisdom
Courage	Humor	Reliability	
Creativity	Inclusion	Resourcefulness	
Curiosity	Independence	Respect	
Dignity	Initiative	Responsibility	
Diversity	Integrity	Risk-taking	

Write your own:

