

PROTOCOL : KNOW YOUR MOST IMPORTANT VALUES

Objective : to know my objective and so to know when they are respected or not. To understand my joys and deceptions.

Modality : to practice with someone – 20 minutes each

Respect your values and criteria : Ex : for me work is 95%. And for the other person pleasure is 95%. Then what is important here?

A - What would you need to [ex : feel loved / to reach your objective] ?

Answer V1

Supposing that you have V 1 : what could prevent it from continuing ?

What would be needed for it not to work ?

Answer V2

B- What would be more important than those difficulties, that would allow you to overcome this, to continue [ex : pursuing a relationship] despite everything ?

Answer V3

Despite everything, what would prevent you from reaching your objective ?

Answer V4

C- Despite this, what would push you to still want to achieve it?

Ex : write the most important values in [ex : living a love relationship].

Ex : Faithfulness. What makes it important?

What is it that it brings me that is even more important ?

Ex : If I have faithfulness and not sharing, what happens ?

If I can't share, what is it that makes my relationship not so great but still I continue ?

Ex : I feel desired

And if you are not desired, what is it that makes you stay ?

- 2) Review the different criteria (past and present) : get the idea that we evolve
- 3) Are your expectations realistic?
- 4) Bridge to the future