

# EMOTION REGULATION WORKSHEET 11A

(Emotion Regulation Handouts 17, 18)

## Getting from Values to Specific Action Steps

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Once you have figured out your values, the next step is to decide on specific things you can do or achieve (goals) that will make your life more in line with your values. Once you have goals, you can figure out what action steps are necessary to achieve the goal.

**Example: VALUE:** Be part of a group.

Possible **GOALS:**

- Reconnect with old friends.
- Get a more social job.
- Join a club.

Pick one **GOAL** to work on right now.

- Join a club.

Figure out a few **ACTION STEPS** that will move me toward my goal.

- Look for clubs on craigslist.
- Go to the bookstore by my house and ask about book groups.
- Join an interactive online game or chat room.

**1. Pick one of your VALUES:**  
\_\_\_\_\_

**2. Identify three GOALS:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. Circle one GOAL to work on right now.**

**4. Identify ACTION STEPS** you can take right now to move closer to this **GOAL**.

\_\_\_\_\_  
\_\_\_\_\_

**5. Take one ACTION STEP** now. Describe what you did:

\_\_\_\_\_  
\_\_\_\_\_

Describe what happened next: \_\_\_\_\_

\_\_\_\_\_