WORKSHEET 33 · FOR THE PSYCHOLOGIST

My 80th birthday party

Clarifying values by projecting far ahead (values)

AIM

Help the person get in touch with what really matters to them by imagining what their loved ones might say about them at their 80th birthday, if they had lived according to their values.

WHO IT IS FOR

Loss of meaning, life organised around avoidance, difficult decisions. Adults.

DURATION

20 min in session

HOW TO RUN IT

1. Guide a short visualisation: the person's 80th birthday party, surrounded by loved ones (family, friends, colleagues).
2. Three or four people speak. What would they like to hear, deep down, about how they have lived?
3. Identify the qualities that repeat (present, brave, curious, kind…): they are values.
4. Compare with current life: where is the gap biggest?
5. Choose a small step, this week, towards one of these values (link with worksheet 05).

POINTS TO WATCH

> This exercise can bring up sadness or regret: welcome them, they often point to what matters. Adapt it (or avoid it) in the case of a recent bereavement or a serious illness; in that case use another way into values (worksheet 34).

REFERENCES

Hayes, S. C., Strosahl, K. D. & Wilson, K. G. (2012). Acceptance and Commitment Therapy: The Process and Practice of Mindful Change (2nd ed.). Guilford.

Wilson, K. G. & Murrell, A. R. (2004). Values work in Acceptance and Commitment Therapy: Setting a course for behavioral treatment. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition (pp. 120-151). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 33 · WORKSHEET TO HAND OUT

My 80th birthday party

Imagine your 80th birthday party. The people who matter to you are there. Some of them speak about you and how you have lived. What would you like them, deep down, to say?

1. Who is there? Choose three or four people who speak.
2. Write what you would like each of them to say about you.
3. Circle the qualities that repeat: they are your values.
4. A small step this week towards one of them: _____

Who is speaking	What I would like them to say	The value behind it

Where is the biggest gap between my current life and these values?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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