WORKSHEET 56 · FOR THE PSYCHOLOGIST

My values travel with me

Keeping a direction when everything around changes (values)

AIM

Help the person identify the values that stay the same from one country to another and find new ways of living them in the current context, when the old ways are no longer possible.

WHO IT IS FOR

Loss of bearings after migration, loss of professional standing, loss of meaning, accompanying partners without an occupation.

DURATION

20 min in session

HOW TO RUN IT

1. Recall that a value is a direction, not a role: “being useful to others” can be lived as a nurse back home and in another way here.
2. Identify three or four important values from the person’s former life (what gave it meaning?).
3. For each one: how did they live it there? What is no longer possible here?
4. Look for new, small, concrete ways of living it here and now.
5. Choose an action for the week (link with worksheet 37).

POINTS TO WATCH

> Losing professional standing or status can hurt a great deal: validate the loss before looking for alternatives. Procedures for recognising qualifications need practical support, to which the person can be referred if needed.

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 56 · WORKSHEET TO HAND OUT

My values travel with me

When you change country, you sometimes lose a job, a role, habits. But what matters to you, your values, travels with you. It is about finding new ways of living them here.

1. What gave meaning to my life before (3 or 4 values).
2. How I lived them there.
3. What is no longer possible here.
4. A new, small, concrete way of living each value here.

My value	There I lived it by…	Here I can live it by…	Done? (yes/no)

What is still true for me, in any country?

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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