

Solutions: Support for Emotional and Binge Eating

Session 9: My Values

Check-In

- What is a success and a challenge from the past week? How did you support yourself through them?
- Did you notice any shame messages come up for you this past week? Were you able to practice responding with self-compassion? How did that change your experience?
- How can the group support you this week?

Quote of the Week

A highly developed values system is like a compass. It serves as a guide to point you in the right direction when you are lost.

— *Idowu Koyenikan*

Session 6: My Values

Values reflect what is important to us in our life.

- They represent our chosen life directions. Ideally, values guide our behaviors towards our goals (like a compass).
- Values are not goals- they cannot be achieved.
- Habits can increasingly compromise our values system. Recovery requires us to connect and align with our values once again! Establishing this connection begins with awareness of your values system, prioritizing your values to use them as a guiding compass, and aligning your behaviors with those values to achieve your goals.

My Values

Rank the following values in order of importance to you.

(1=most important, 22=least important)

- My health
- My appearance
- My integrity
- My childhood family
- My talents and abilities
- My relationship w/ a higher power
- My chosen family
- My financial security
- My morals and ethics
- My life partner
- My possessions
- My philanthropy
- My children
- My work/career
- My successes in life
- My friends
- My intelligence
- My love and caring for others
- My self-respect
- My education
- My love and caring for myself
- The love and approval of others

Discussion Questions

- What are your five most important values and why?
- What was it like for you to prioritize your top five values over the others? Easy, difficult? Why?
- Which of your health-related behaviors have been more or less in alignment with your stated values?

Discussion Questions

- In what ways does your emotional eating violate your most important values?
- How can you begin to align your healthy lifestyle choices more with your values?

Any last thoughts or questions?