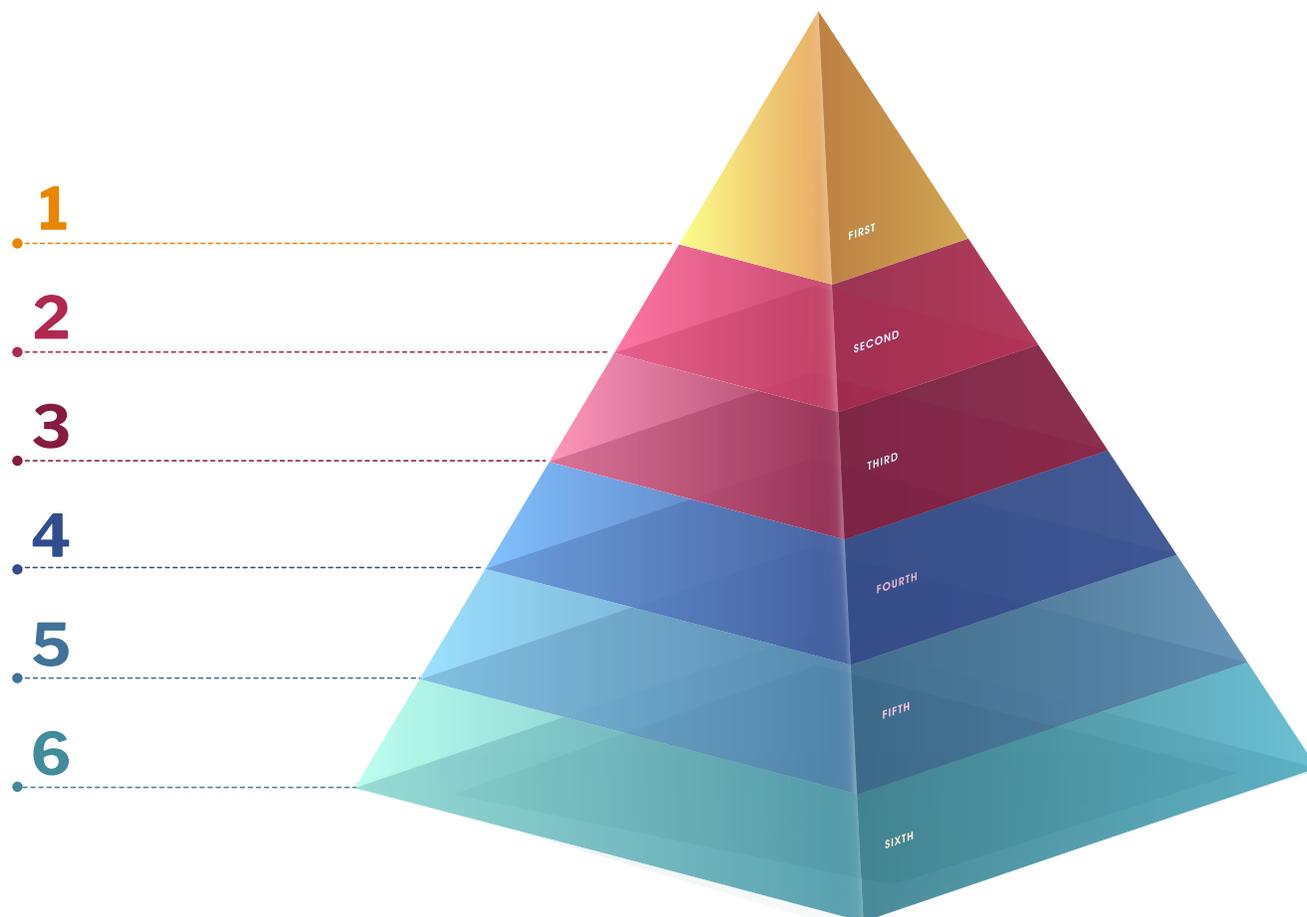


VALUES PYRAMID



Achievement	Friendships		
Physical challenge	Adventure		
Family	Power/Authority		
Wealth	Integrity		
Honesty	Independence		
Community	Spirituality		
Recognition/Respect	Competence		
Creativity	Knowledge		
Love/Affection	Leadership		
Loyalty	Stability		

INSTRUCTIONS

1. Consider a situation that you've recently had difficulty with or are currently focusing on.
2. Select *six (6) Values* from the provided list (or ones that resonate with you) that touch upon the situation.
3. Place those six in the provided pyramid with 1 being the most important, 2 being less and so on.
4. The narrative is your personal story supporting how these Values are Triggered by the current experience and providing the lens for looking at how behavior will support them.

OVERVIEW

The Values Pyramid helps to better understand what's important in any given situation.

The most important **Value/Trigger/Need is 1**, followed by others that may be connected to the situation and to one another. The other Values are not missing, they're simply not the most important or immediately available to consciousness. For instance, a person can have a Value/Trigger/Need of safety and, in a dangerous situation, not express or want others to express complete honesty. This doesn't mean they don't care about truth and honesty anymore, it's just in that moment it's not the highest priority and won't, in your Story/Narrative, meet your Need.

The process of identifying Values should encourage you to see others as more than an enemy or as being wholly defined by one action. We all have our own stories, our own ways of putting together our pyramid of Values. We share Values precisely because we're all human. When uncertain about communication or upset about a behavior, one way to move through the difficulty is to figure out what Value/Need was most important for you and/or the other person. Then the focus becomes what is identified as being common and shared rather than differences.

The whole of the Pyramid is supported by the personal Story/Narrative that provides the rationalization for particular behavior to support the Values.