

MODULE 1

Building a Values-based Relationship

Date Your Mate



Building a Values-based Relationship

"When you unhook yourself from your difficult thoughts and emotions, you expand your choices. You can decide to act in a way that aligns with your values... focus on the concept of workability: Is your response going to serve you and your [relationship] in the long term as well as the short term? Will it help you steer [each other] in a direction that furthers your purpose [as a couple]? Are you taking a step toward being the [partner] you most want to be and living the life you most want to live? The mind's thought stream flows endlessly, and emotions change like the weather, but values can be called on at any time, in any situation."

— adapted from Susan David,
as published in the Harvard Business Review

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Successful relationships are built on shared values.
From the list below, circle the values most important to you.

- Accuracy
- Creativity
- Humility
- Rationality
- Achievement
- Dependability
- Humour
- Reaction
- Adventure
- Duty
- Justice
- Responsibility
- Authenticity
- Family
- Knowledge
- Risk
- Authority
- Forgiveness
- Leisure
- Safety
- Autonomy
- Freedom
- Mastery
- Self-knowledge
- Caring
- Friendship
- Moderation
- Service
- Challenge
- Frugality
- Nonconformity
- Simplicity
- Change
- Fun
- Openness
- Stability
- Comfort
- Generosity
- Order
- Tolerance
- Compassion
- Growth
- Passion
- Tradition
- Contribution
- Health
- Popularity
- Wealth
- Cooperation
- Helpfulness
- Power
- Courtesy
- Honesty
- Purpose

This list is drawn from the Personal Values Card Sort, developed in 2001 by researchers at the University of New Mexico.

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From the list of values, select the five most important values to you, and, in the following exercise, write down the value and how you would like it to play out in your life. How do you want your relationship to reflect this value? How do you think your belief in this value could be misinterpreted? How might you react if this value is not respected by your partner?

VALUE	
In daily life, this means to me...	
I would like to see this value in those around me in the following ways	
The opposite of this value would be...	
Others may interpret this value as...	

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