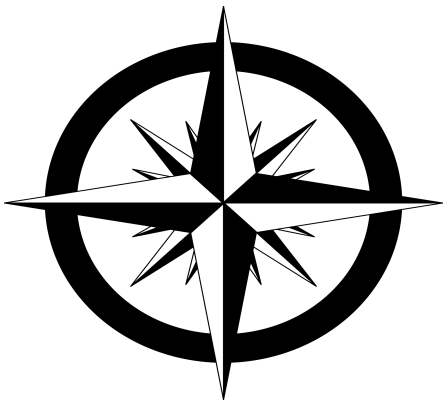
# Values

PROGRESS PSYCHOTHERAPY

Low mood can take us away from who we are and what matters to us. Define your value and reflect on how to live it and what goes against it. Make one of these for all your values.

My value

| How do I live my value? What would I be doing? |
| --- |
| |



| Is there anything I am doing that living is against this value? |
| --- |
| |

© 2025 Robert Fulton (trading as Progress Psychotherapy®) Licensed under CC BY-SA 4.0.