From *Emotion Regulation in Psychotherapy* by Robert L. Leahy, Dennis Tirch, and Lisa A. Napolitano. Copyright 2012 by The Guilford Press.
Permission to reproduce this material is granted to purchasers of this book for personal use only (see cover page of this packet for details).

FORM 2.16

Relationship to Higher Values

Directions: Sometimes we feel sad, anxious, or angry because we are missing something that is important to us. Let's say you feel sad about a relationship breakup. Write your response to each of the following items.

Questions to ask yourself about your values	Your response
Doesn't this mean that you have a higher value that's important to you—for example, a value of closeness and intimacy? What is this value and what does the value mean to you?	
Doesn't this value say something good about you?	
If you aspire to higher values, doesn't this mean that you will have to be disappointed at times?	
Would you want to be a cynic who values nothing? What would your life be like?	
Are there some worthwhile and meaningful experiences that you have because you have this value?	
Are there other people who share your higher values?	
What advice would you give them if they were going through what you are going through?	