

CLARIFYING YOUR VALUES

When addiction takes over, people often act in ways that don't reflect who they truly are. They lie, hide, manipulate, or act impulsively—not because they lack values, but because they've become disconnected from them.

In recovery, one of the most powerful things you can do is reconnect with your values—the principles that define the kind of person you want to be. These aren't just abstract ideas. Your values are the compass that can guide you through temptation, triggers, and tough decisions. When you're clear on what matters most, it becomes easier to choose actions that align with the life you're building—not the life you're trying to leave behind.

Clarifying your values isn't about perfection. It's about getting honest. What kind of man do you want to be? What do you want your relationships, your time, and your energy to reflect?

When your actions match your values, you begin to trust yourself again. And that trust is essential to lasting recovery.

Activity: Discovering Your Core Values

Step 1: What Do You Admire?

Think of someone you respect deeply. This could be a mentor, coach, parent, friend, or even a fictional character. What do you admire about them?

List 3 qualities they demonstrate that you'd like to develop more in yourself:

Step 2: When Did You Feel Most Proud?

Think of a moment in your life—small or big—when you felt proud of yourself. What were you doing? What values did you live out in that moment?

Describe the moment:

What values did you demonstrate? (Examples: honesty, courage, kindness, hard work, self-control)

Step 3: Narrow Down Your Core Values

Review the list below. Circle or highlight any values that resonate with you. Then, pick your top five.

Honesty	Integrity	Wisdom	Connection
Loyalty	Growth	Freedom	Forgiveness
Responsibility	Respect	Accountability	Faithfulness
Courage	Patience	Self-Control	Kindness
Compassion	Love	Spirituality	Justice

My Top 5 Core Values

Step 4: Put Your Values into Action

Choose one of your values. Describe what it looks like when you live it out in real life—and what it looks like when you ignore it.

Example:

Value: Honesty

Living it out: Telling the truth, even when it's uncomfortable

Ignoring it: Lying to protect myself from consequences

Now You Try:

Value

When I live this out

When I ignore this

Repeat this for each of your 5 values.

Final Reflection:

Which of your values feels the most urgent right now in your recovery?



How can your values help you make better choices when you're triggered?



How would your life change if your actions aligned more consistently with your values?

