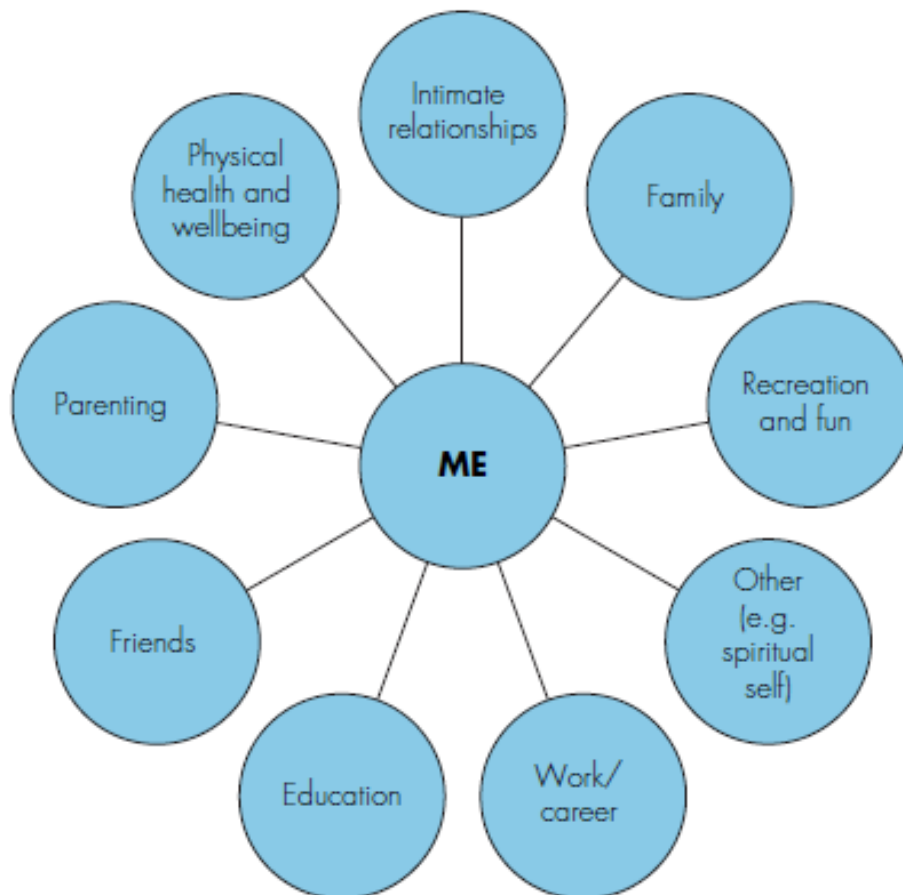


## IDENTIFYING VALUES IN LIFE



Above are areas of our lives that we value. Please spend some time reflecting on each of these areas and ask yourself:

- How important is this value to you? Has it changed since your diagnosis?
- How satisfied are you with your current experience in this area?
- How have you been able to keep true to your values this week?
- Are there barriers preventing you from moving towards what you value? What are they?
- How could you keep moving towards what you value from now on?

**Extracted from:** MacDonald, Mandy, 'Depression' in Hodgkinson, Dr Katharine; Gilchrist, Dr Jemma (eds), *Psychosocial Care of Cancer Patients: A Health Professional's Guide to What to Say and Do*, Ausmed Publications (2008, Melbourne), 100.

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