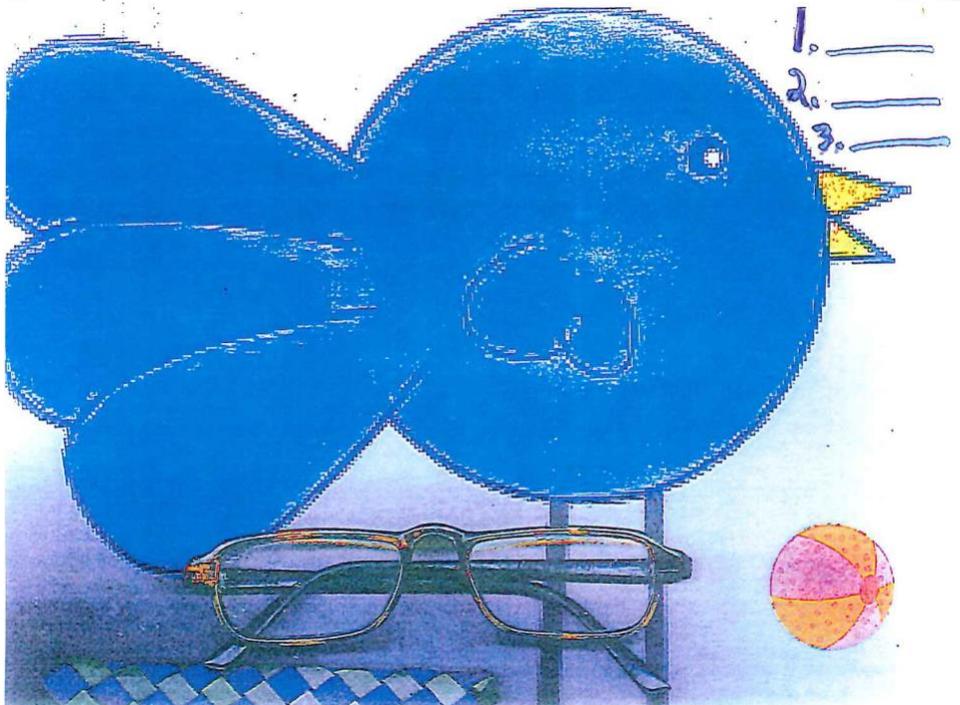


Live Better Series: “I can live a vital and meaningful life.”

“ACT: Meaningful Values”

Tom Lavin MFT, LCADC, ACATA



Bluebird: I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

New Pair of Glasses: to change my life, and grow in wisdom, I need to look at things differently.

Beach ball: I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

Finger trap: It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

1, 2, 3: I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

“Happiness is a by-product of living a life with meaning.”

“Say YES to life, in spite of everything.”

Dr. Viktor Frankl

“...human beings demonstrate enormous courage, deep compassion...knowing they can be hurt, humans still love others.

Knowing they can die, humans still care about the future.

Facing the draw of meaninglessness, they still embrace ideals...”

Dr. Steven C.Hayes

1. Accept what is

2. Choose-Commit to important personal values
3. Take Action

Dr. Viktor Frankl's perspective is that all people yearn to live a meaningful life.

-Meaningful living is the source of happiness and serenity.

-Meaningful living is a source of connection with life and it provides a sense of belonging.

-Meaningful living can provide guidance and consolation in challenging times.

-Please reflect on your life and respond to the three (3) life areas listed below.

-Today, if you are not sure what to answer, don't worry. We all go through times like that. Just take some deep breaths over the next day or two, talk with someone you trust, and search for what is true for you at this time in each life area.

1. Creative values: what you give to life: "Don't ask what you can expect from life—know that life expects something of you." What are you doing/what can you do to make the world a better place? How are you/will you use your talents and gifts and time and energy to make the world better?

2. Experiential values: "Life gives us moments, and for these moments, we live our lives." What gives you a sense of joy, satisfaction, connectedness, enthusiasm? Who do you deeply love? What do you deeply appreciate/ what are you grateful for? What experiences make you come to life?

3. Attitudinal values: the attitude we adopt when confronted with unavoidable suffering. Often referred to as "the peace that surpasses understanding." When something happens in our life that creates suffering and that is unavoidable, we give our lives meaning by the attitude we adopt in dealing with this suffering. Often a part of this process of creating meaningful living in the midst of suffering includes grief--sadness and hurt and anger.

Recommended books:

"Man's Search for Meaning" and "The doctor and the Soul", Dr. Viktor Frankl "The Happiness Trap", Dr. Russ Harris