



Values-Driven Couples and Families

Silicon Valley Therapy

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Values

Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.

Mahatma Gandhi

If you want to identify me, ask me not where I live, or what I like to eat, or how I comb my hair, but ask me what I am living for, in detail, ask me what I think is keeping me from living fully for the thing I want to live for.

Thomas Merton

- Family
- School
- Religion
- Media

Where do values come from?

Be Intentional!

Values that lead to happiness vs suffering

Higher values that lift us up and lead to happiness and fulfillment	Lower values that drag us down and lead to depression
Purity of mind, gratitude, acceptance, charity and service, deep study, nonviolence, absence of anger, compassion to all beings, determination, sacrifice, austerity, truthfulness, perspective, gentleness and kindness, integrity, restraint from fault finding, fearless	Greed, lust, anger, ego, illusion, envy Criticism, comparison, complaining

What are your values?

What value?	How does it show up?	When does it show up?
Healthy lifestyle	Food choices	When I cook

Parenting

Rules without relationships leads to anarchy

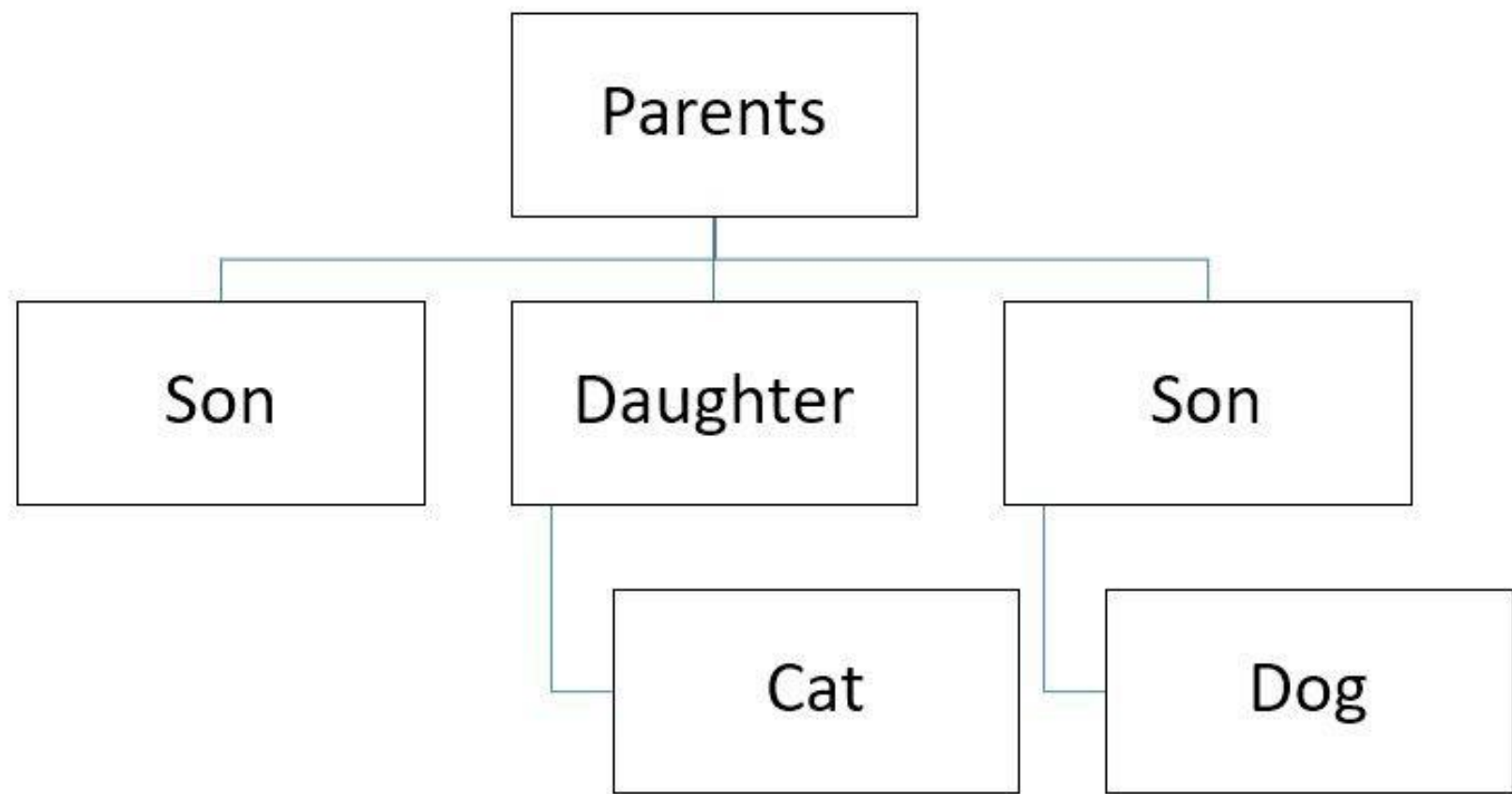
Kids are born with feelings and no skills to manage them

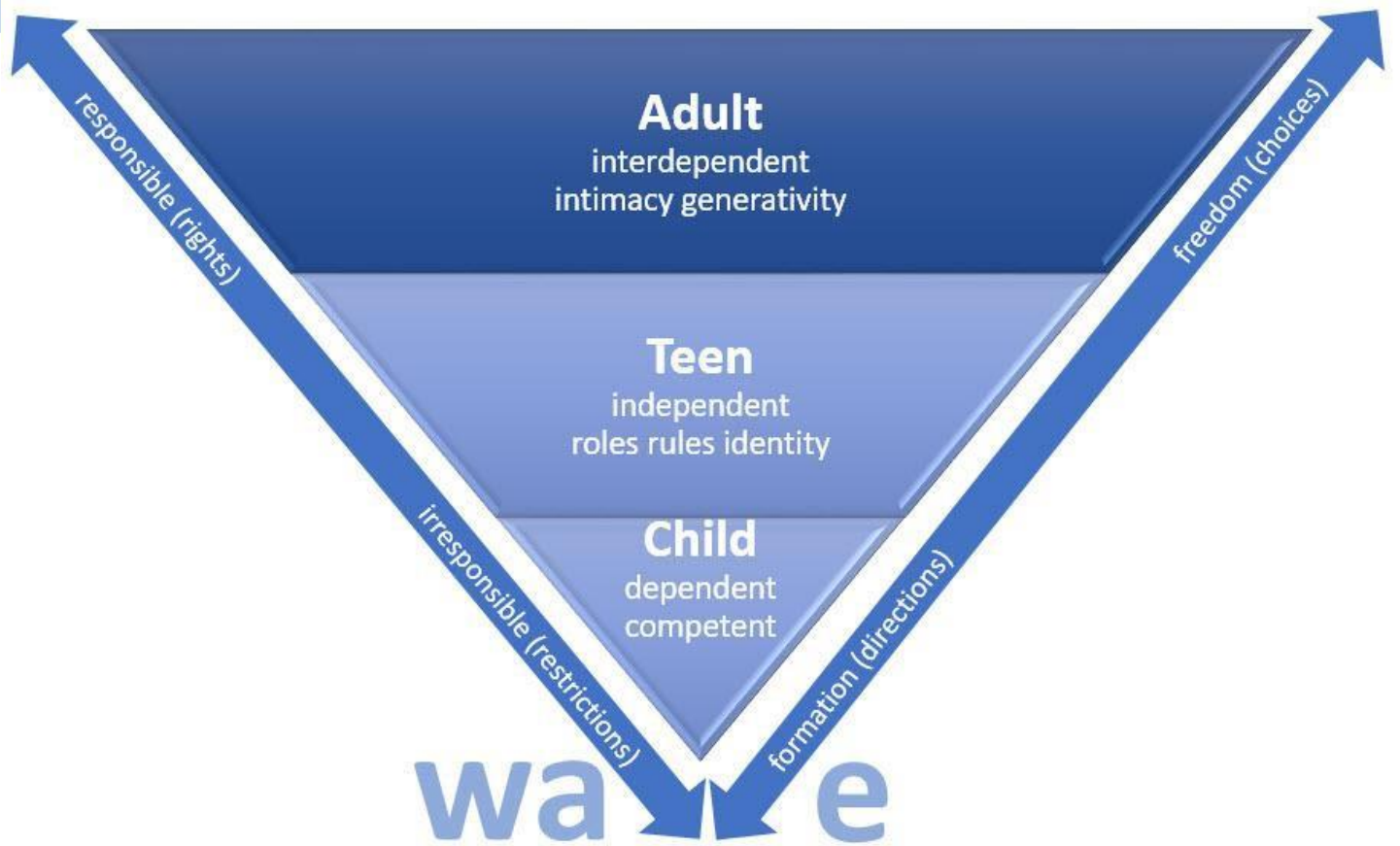
Bad behavior is a sign that there is a lack of skill

Kids need sturdy, consistent boundaries

Dr. Becky Kennedy, Protocols for Excellent Parenting







**XYZ
Formula**

In our family we believe in value X

- As a result, we do behavior Y
 - If Y doesn't happen the consequence is Z.
If Y does happen the reward is Z.

Term: Sep 12, 2024 to Sep 19, 2024

Belief		Choice	
Value (X)	Behavior (Y)	Consequence or Reward* (Z)	Tracking
Level 1 (start with these)			
Deal with conflict using care, love, and low drama	Use yellow and red cards to manage escalated emotions	File a red card report	Daily check-in
Kindness and respect others in family	Low drama, no cursing resolve conflicts in a loving way. Not using humor in a way that puts another person down or insults them. If one person feels put down, they can pull a card.	Write a 250-word essay on kindness and respect as it applies to humor used as a weapon.	Daily check-in

We manage our distress in healthy ways	Use the cards when experiencing distress to avoid violent actions that hurt others and we regret later	If Y is not followed all involved must attend one session of therapy to discuss when this value was not followed	Whenever this value is not followed
Truth telling	Be honest when asked questions and transparent about behavior when it impacts the common good or my well-being and functioning in society.	Write a paragraph of apology and read to family at weekly family meeting	Daily check-in
Nonviolent Communication	Use 'I' statements, and follow NVC best-practices (see separate sheet)	Write a paragraph of apology and read to family at weekly family meeting	Daily check-in

<p>Respect this agreement as foundational for keeping drama low, honoring the common good, and promoting positive relationships in our family.</p>	<p>We follow through on consequences when behavior is not done.</p>	<p>Contact a trusted adult (approved by parents) outside the family to explain why you are not honoring this agreement that you signed. No food except cold cereal until this happens.</p>	<p>Daily check-in</p>
<p>No perjury</p>	<p>We do not commit perjury when we tell the truth at family check-in meetings</p>	<p>Sleep in a tent in the backyard for a week.</p>	<p>Daily check-in</p>
<p>Open communication and transparency</p>	<p>Attend weekly family meetings on Saturday to check-in and address any outstanding issues of concern</p>	<p>If a family member is unable to attend this meeting, he or she must seek out another family member to learn what was discussed at the meeting</p>	<p>Daily check-in</p>
<p>Healthy use of digital devices to promote optimal brain functioning</p>	<p>We recognize the difference between high and low dopamine activities and put controls in place to support these habits.</p> <p>Children prioritize expected tasks, duties, and assignments that are written down by parents over high dopamine digital device use.</p>	<p>No high dopamine digital device use for 1 day.</p>	<p>Daily check-in</p>

Agreement

Accountability coach: Dr Lucking

The accountability coach is the person to contact when there is a conflict, concern, or question about the implementation of the agreement.

Name	Signature	Date



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