

What Values Are and Aren't

Values are	Values aren't
verbal statements in your head.	things outside of you.
chosen by you.	what others want for you.
how you want to act all the time.	what you want, get, or complete.
always available to act on right now.	in the future.
what's important to you.	something to explain or defend.

References

Gallo, F. J. (2016). *A practitioner's guide to using the acceptance and commitment therapy matrix model*. Frank J. Gallo.

Gallo, F. J. (2017). *Bouncing back from trauma: The essential step-by-step guide for police readiness*. CreateSpace Independent Publishing Platform.

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (1999). *Acceptance and commitment therapy: An experiential approach to behavior change*. New York, NY: The Guilford Press.

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change* (2nd ed.). New York, NY: The Guilford Press.

Disclaimer

The content in this handout is strictly educational in nature. We are NOT providing psychological services or medical advice or establishing a relationship of any kind, including doctor-patient or teacher-student. Please see our [Company Policies](#) for more information.