

# Group Exercises

Values are deeply personal and individualized. They guide you towards making life decisions, setting goals, and living meaningfully.

Neurodivergent women may sacrifice their personal values to conform to societal expectations, make other people happy, or do what's habitual in the moment when overwhelmed, often resulting in decreased happiness and a diminished sense of authenticity.

This can result in anxiety, stress, burnout, or unhappiness.

You can use values to help you strengthen your authenticity, decrease masking behavior, and learn the new coping skills.

During the exercises, please use the self compassion. These are not meant to make you feel bad about not being true to yourself or not living your values. The exercises are meant to help you discover what's meaningful to you and how to possibly bring yourself into more alignment with those ideas if you so choose.

Be kind and curious towards yourself while thinking about these ideas.

**Connection**      **Kind**      **Creative**      **Contribution**      **Curious**      **Adventure**



# Group Exercises

**Role Models Exercise:** Think of people you admire or look up to, either in your personal life or from history. List their qualities and identify the values that resonate with you.

**80th Birthday Exercise:** Imagine it's your 80th birthday party, and your loved ones are giving speeches about your life. What would you like them to say? What values would you like to be remembered for?

**Dissecting Discomfort:** Reflect on situations that made you feel uncomfortable or upset. Identify the values that were potentially compromised in these scenarios, which can help you recognize what you hold dear.

**The Tyranny of the Shoulds:** Think about the concept of what you have internalized as ideas of what you should be doing and how that might have impacted you. Has that prevented you from living a life in line with your values?

Are there small ways you can start to live in a way that is more in line with your values and strengths now that you know this?