Valued Living Fraction

Please write the percentage of each day you (1) moved towards/were consistent with your values and (2) the percentage of time you moved away from painful/unwanted emotions.

Monday _____%/ _____%

Towards / Away

Tuesday _____%/ _____%

Towards / Away

Wednesday _____%/ _____%

Towards / Away

Thursday _____%/ _____%

Towards / Away

Friday _____%/ _____%

Towards / Away

Saturday _____%/ _____%

Towards / Away

Sunday _____%/ _____%

Towards / Away