

WELCOME TO MODULE 11

THE *Strength* OF SHARED VALUES



Welcome to Module 11 where we are going to explore how profound shared values are when it comes to building love and affection. The world at large focuses heavily on differences between people rather than the appreciation of what are already solid and harmonious shared value. If you are not in a romantic relationship don't skip over this because shared values are an important part of all types of relationships. It offers stability and a foundation to explore and discuss what you feel as well as any decisions that need to be made. Knowing your core values (not your outer preferences) and being able to feel where these resonate with others is really important. In this module you will not only become more aware of your own values and the shared values within a relationship, you will also learn how to express, appreciate, confirm and consolidate these things. It is really helpful within a relationship to have shared values and then to be able to see and understand why someone may momentarily leave their core value. Talking to someone's core values is one of the easiest and most powerful ways to bring them to their senses (if they have momentarily departed them).

It may feel weird to bring focus to the shared values within your relationship when you still feel upset, hurt or triggered about other things, but if you are ever going to hold deep love and affection for your partner (or others) you need to be able to sense the same page with your partner or friend or family member, and you need to know and appreciate the values you share.

WHAT ARE CORE Values?

This question sounds simple enough, “what are core values?” You would assume that we would be able to easily answer it but what I have found is that many people find it difficult to articulate what exactly core values are. Maybe we can talk about things we believe strongly in, maybe we even have values that we think we should have but . . . how do we know if something is a core value? To answer this foundational question we are going to break down our understanding of values into something that is purely experiential. We could talk about values and use the word value to describe a lot of things but what really differentiates whether something is a core value or not? Have you ever felt that someone was talking about values but it was just coming from their mind as an intellectual concept but not something that you could feel was backed up by their whole entire body and being? Yes, this is extremely common and opening yourself up to reading life at this level is very powerful. I encourage you to consider what are values and more importantly what differentiates an outer value to a core value? This differentiation becomes extremely important when you are navigating relationships and learning how to come together on the same page. The way you respond to a core value will be different to how you respond to an outer value.

What gets in the way of knowing your core Values?

1.

Having a mental picture of what values you should have or should be living by. This is the dogmatic approach to life and lacks the depth that comes from feeling a value that originates from your whole body and being. ‘Values from the intellect’ is actually the model we are taught to embrace most strongly and most of the time we are not really aware that we are operating from a mental construct of a value as opposed to a core value that feels like it resonates from a depth.

2.

Strong emotional feelings. Many people can get confused when they feel emotionally triggered and / or have a strong reaction about something. We think because a feeling is strong that it is true but the truth is - a strong feeling of truth is different to a strong feeling of emotion or reaction. They are different vibrationally and they are different so far as the depth they come from. Truth is not emotive, it is all knowing. Our core values come from the truth of who we are and what resonates with that, so your core truth can be strong and unbending but never emotive or emotionally driven.

Question 1: Describe a time where you felt like someone (yourself or another) was spouting values from their head and not from what they felt in their body.

Question 2: Describe a time where you felt like someone (yourself or another) was feeling very strongly about something, you could feel that there was conviction within their body and being but it felt emotive or reactive.

Values coming from

BELIEF, DOGMA, GROUP THOUGHT

Maybe this is a touchy subject but I am going to say it anyway. Many people are caught in group thought, dogma or belief and live their whole life invested in something that has not originated from themselves. Now before we go pointing fingers at people who preach values and don't live by them (these examples are pretty easy to find) - in my experience we all have many things that we live our life by that we assume are our values or truth but they aren't. It is common to adopt something because you have been told it or shown it over and over again. It is also common to believe something because you want it to be "the way" so then you convince yourself that it is "your way" or your value. There have been many movements or waves of cultural expression that we can look back on and see that where we were operating from wasn't a core belief but instead something we were swept up in. Whether it was a fad, fashion or political ideology, it is important to look at these events and understand how the impact of belief, dogma and group thought played a role.

For example: The hippie movement as a response to the social unrest accompanying the Vietnam War, shows a time where many people gave themselves over to ideology that they moved on from later in life. Maybe part of the movement had some truth and resonated with a deeper core value but many of the aspects were the product of group energy, reaction and being swept up in the vibrational flavour of the moment. We can also see smaller examples in our life where we have been swept up in group energy, agreeing to things we wouldn't normally or behaving in a way that we look back on in disbelief, wondering what we may have been thinking. I have experienced this as a kid travelling with sporting teams and the way in which you think, behave and feel is completely different due to being caught up in the momentum of the group energy.

Question 3: Describe what you feel when either yourself or someone else is holding a value that is intellectual but not embodied? How does this feel different to a value that might be more embodied?

Question 4: Start to list some of your own intellectual values i.e. values that you have taken on but they don't come from you:

Values coming from

INVESTMENT, ADDICTION, EMOTIONAL NEED

If someone you know was addicted to meth and you have money to buy meth, we could say they would value you if you gave them the money. In the moment of the addiction the thing that they value the most in the world (even more than loved ones, even more than themselves) is fulfilling their addiction. But where is their value coming from in this moment? Is it their depth or essence or is it their outer need / addiction? This example is of an extreme case and therefore easier to clearly see that the value placed on the drug or means to get the drug is not coming from their depth. What is important is to understand how this could be applied in more subtle forms. Someone else might really value a friend who doesn't ever bring up difficult topics. Is this value coming from a depth of essence or is it coming from a protection? This is where we have to differentiate (feel) whether a value comes from someone's outer layers or an inner core. You can not discern this intellectually, it has to be felt because both can look exactly the same by way of choice or behaviour but the why, the intention, and the depth of where the value originates from is completely different. In other words they can look the same but have a distinctly different feel.

Question 5: Describe what you feel when either yourself or someone else is holding a value that is an investment, attachment or a need rather than a core knowing?

Question 6: Start to list some of your own emotional attachment values i.e. values that are emotive or reactive rather than core knowings:

Values coming from HIDDEN INVESTMENT AND EMOTIONAL NEED

Now this is where it gets interesting because many of the things we have invested in and are emotionally attached to are things we are not even conscious of. To uncover these “hidden investments” can be really satisfying as it can point to the understanding of why things happen the way they happen in your life. Yes you hold it dear but is it coming from an outer investment or an inner knowing and core vibrational resonance? Have you ever experienced a situation where you realise that what you were strongly invested in wasn't the deepest truth for you? A moment where you take a step back and say - “wow I was actually over-invested in that outcome and what I thought was dear to me was actually based on a need and not based on a core value”. Well maybe we didn't think about it that succinctly but many people have these moments of realisation even if they don't fully form the experience into words.

For example: you have ended yet another relationship that didn't work out and you realised that you seem to keep choosing the same type of partners that result in the same type of dynamics within the relationship. We don't say that we want to choose an abusive or unhealthy relationship but obviously there is something about us that is choosing it if it has been a reoccurring theme in our life. The same could be said for what we allow to play out in work or with our family. As difficult as this is to be completely honest about, it is extremely powerful and revealing when we start to be able to look at some of our more hidden and subconscious investments. The interesting thing about hidden investments is they don't always make logical sense, even though they affect our life in a real and impactful way.

Another example: when people realise they have invested in the setup of being unsuccessful. Crazy yes, but also very common. Our mind might think thoughts of wanting to be successful but really there is a part of us that is self-sabotaging and more invested in not being successful. There are two ways to uncover your hidden investments (values). The first is to look at the re-occurring themes playing out within your life that seem incongruent and don't make sense to what you truly want to play out in your life. The second is to consider what makes you react, especially if there is no logical sense to why something makes you react so much.

And another: when I was first a new mum I noticed that I had started to become annoyed with my husband over little house cleaning things. Stuff I had never been concerned about before as he was always more tidy than me. I was surprised but I couldn't help my reaction when things weren't put back where they were supposed to go. After sitting with it for a few days, I realised that I had a hidden belief that I had to keep the house clean because I was no longer working. I hadn't realised that part of my self-worth came from doing a good job at work and so when I no longer had that propping me up I started focussing on keeping the house clean. The even crazier thing is I didn't even consciously believe that (quite the opposite) but somehow I had still taken on the belief (a hidden investment) that as a mum/wife I needed to keep the house clean.

Question 7: Are there scenarios that don't make sense in your life? Are there re-occurring themes playing out that don't feel congruent with what you would want your life to be? Write them down.

Question 8: Reflect on the re-occurring themes above and consider what may be your hidden (illogical) values that a part of you is invested in?

Question 9: What are the hidden reactive values that you have? In other words situations where you overreact and you are not even sure why. If so write them down.

CLAIMING YOUR Core Values

By now hopefully you are a little curious about what core values are and more specifically how you can understand with more depth what your core values are. Clearly knowing your core values offers you no end of support within your life. It also supports you in being able to bring more standards into your life and also into your relationships. In The Enriching Relationships Program we explored in depth what standards are and having a clear understanding of your core values will bolster your understanding of standards immensely. Your values are pre-standards and are the spark or inspiration for your standards. You could say that your standards are your claimed, lived by and expressed core values. *NOTE: Once you have finished this module, go back to The Enriching Relationships Program and re-do the exercises around standards in Modules 9, 10 and 11. This will offer another expansion to what you are learning here.*

So how can you tell that what you are feeling is a core value? As you have probably gathered knowing a core value is something that has to be felt. You can feel whether something feels like a core value for yourself but you can also sense where someone else's value is coming from. When something is a core value it is something that has a deep resonance within you. Core values are things that feel very settled within and come with a deep knowing. Core values never leave anyone less, never judge and never diminish because when you are talking about the depth related to your core, you are talking about a part of you that is still connected to the all. Core values always come with a holding and caring, as well as true and deep respect. This is different to the politeness of social rules as your core values are not governed by rules; only by the truth of your essence. For me my core values things (truths) that are very sacred to me and come with a feeling of very deep stillness and knowing. Core values are always holding, caring, true and respectful - not of politeness or social rules but a depth of what feels true. On a practical level, the first step in uncovering your core values is to simply ask yourself the following questions on a regular basis. *NOTE: This is a very important first step because the more you ask yourself these questions the more you train yourself to be aware of and get a clear sense of what a core value feels like to you.*

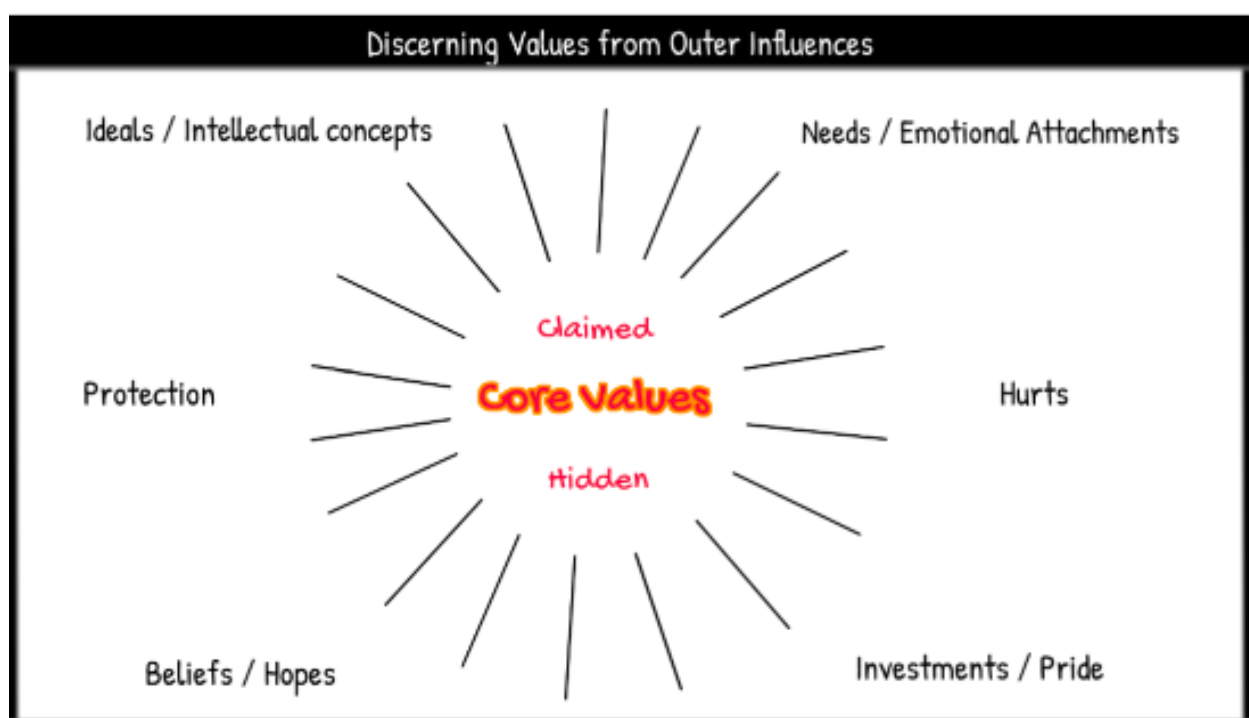
Question 10: At this point in your awareness, what does a core value feel like to you? What changes happen in your body when you feel a value that comes from your depth / your core?

PERSONAL Core Values

In order to appreciate, confirm and find strength in your relationship through shared values, you need to have a really good understanding of your own personal **core values**. Part of this includes letting go of the many outer layers that keep you protected, needy and investing in things out of unresolved hurts. As you find perspective with your unresolved outer layers, they don't have such a strong hold over you and are not able to as easily confuse you away from your deeper core values.

This is an ongoing process as with each layer of "outer" you let go of, a clearer offering of the inner is made available. Every core value you claim, live and make a standard - the more your core values reveal themselves to you. It might sound cliché or corny but it is an absolute fact that values are never ending, they come from your essence and have endless depth (the more you live by them the more they reveal themselves).

Pay attention to when an inner-voice brings any harshness towards yourself. Know that this is not your truest deepest inner voice, but instead a remnant of an outer imposition or unresolved experience. Especially when you start to become aware of core values that you don't honour or make a lived by standard. You may even notice that you start to awaken the hidden core values that you used to be able to push aside for a momentary easy run. Be aware that once you start to bring your focus of awareness to strengthen your relationship with your core values, you will feel more steady, more true and more unshakable than ever . . . but this may cause others around you to feel affronted, confronted and exposed. There will always require an appropriate amount of time and space for an adjustment to this. Don't rush this time and force your partner into seeing the core values you have, there is so much rich learning for you to have during this time that you actually miss out if it is all smooth sailing.



WHAT ARE MY Core Values?

CORE VALUES	AWARENESS
What are your core values when it comes to personal hygiene?	
What are your core values when it comes to taking care of your body?	
What are your core values around your relationship with yourself?	
What are your core values when it comes to how you are with other people?	
What are your core values with caring for your home?	
What are your core values when it comes to intimacy, care and tenderness?	
What are your core values with work?	
What core values do you have around money?	
What core values do you have around friends or neighbours?	
What core values do you hold around children, parents or family?	

Use the blank space below to write your own areas of core values to explore.

CORE VALUES	AWARENESS
Do you have core values around being expressive, open or spunky?	
Do you have core values around education, awareness, learning and personal growth?	
Do you hold a core value related to standard of living?	
Do you hold dear core values around enriching life?	
What quality of connection is a core value for you?	
Do you have religious or spiritual core values?	
Do you have core values around quality of life, human rights and lack of harm?	

WHAT ARE ... *Shared Values?*

When people are asked to appreciate the shared values within their relationship they can often feel uncomfortable. Especially if they are carrying some hurt or resentment towards their partner that is still unresolved. "If I appreciate him or her then I will be "giving in" and they (their partner) will never learn." This can end up being a stalemate for many years with little jabs being taken at each other at opportune times, a distanced yet workable / functional relationship that lacks the intimacy, care and tenderness it could otherwise have. When we have tug-of-wars that are unresolved, it spills into every aspect of our lives and we are energetically always in a stance of opposition. Sometimes people can feel like they are letting their defences down and if they appreciate one aspect of the relationship it means that they are "giving in" on another area of the relationship where they are unresolved or in opposition. It is enormously powerful to be able to stand in what you feel is true uncompromisingly with awareness, patience and care while also being able to appreciate the bejeebers out of another area of the relationship.

Do you have the strength to confirm and appreciate another when there are other areas of your relationship that you don't appreciate?

Question 12: What do you appreciate about your partner / your relationship?

Question 13: What resistance do you have to appreciating your partner / your relationship?

BARRIERS TO ... *Appreciating*

If you are used to living in a tug-of-war it can feel like you are “giving in” to confirm or appreciate your opposition. It is important to let down any hurt or guard you may be carrying and start to ask yourself what shared values are in your relationship and what is it you appreciate about having these values.

Question 14: What areas of your relationship feel unresolved?

[illegible]

Question 15: How are these unresolved areas affecting your ability or desire to appreciate your partner and the relationship?

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CLAIMING YOUR SHARED Core Values

In this exercise we are going to explore the shared values that you already have within the relationship. Every relationship has at least a few shared values and it is important to understand the base of shared values you are coming from. Even if it seems like the platform of shared values is really, really small, it is still one of the most important assets you have to build more understanding and constructive communication within the relationship.

Pay attention to any inner voices that bring a sarcasm or resentment towards your partner. When you are reading the shared values examples it is important that you don't go into any "yeah right, as if we have shared values there" type energy. This will only further lace the relationship with heaviness or poison and won't truly support you to develop more shared values. When you do have a moment that you are confronted with feeling a lack of shared values, sit with it, accept where things are at and don't load your partner or the relationship with the resentment. As much as a vent may feel like it lets off some steam, **be aware** that bringing grace and a commitment to go deeper and change things is the only real answer here.

SHARED VALUES	AWARENESS
Do you have a shared value around wanting the best for each other? Even if you disagree on what that "best" is.	
Do you have a shared value around wanting the best for the kids / pet / house? Even if you disagree on what that "best" is.	
Do you have shared values around the way you like to care for your living environment?	
Do you have shared values to do with honesty and openness?	
Do you have shared values around deeper levels of intimacy, care or tenderness?	
Do you have shared values around enriching life?	

Fill in the blanks for the rest of this worksheet by adding your own areas of shared values.

[illegible]

LOW POINTS AND *High* POINTS

This brings us to another great area of growth. How are you at holding your values at low points and at high points? What values get thrown out of the window when you or the relationship hit a low point? Where do you get lazy with appreciating when you are living in the high point? This may be a really obvious change for you or maybe it is a little more subtle. Either way, in my experience we have different modus operandi when we are registering a low point and registering a high point.



Question 16: What values do you let go of in your low points?

Question 17: What values do you let go of in your high points?

What we really want to do is we want to develop an inner-reflex where we drop more deeply into our values at low points and we expand our expression of our values at high points. What if every fibre of your being sought counsel within your values when you hit a low point and confirmed, celebrated and expanded your values at your high points? Wouldn't this completely change your life and your relationships? What if both parties sought to do this in relationships? How would your low points and high points play out then?



Question 18: What values do you turn to for support during low times?

Question 19: How can you confirm, appreciate and expand your relationship during high times?

APPRECIATION & Confirmation

So what is **Appreciation** and what is **Confirmation** and how do these relate to love and affection? Like most of what I share within our programs, the first place we need to start is to come back to the energetic clarity (or lack there of) within our language. In other words, how do we use these words and do we understand the true energetic meaning behind them? Both of these words feel completely different when they are actioned in life. They are synergistic yet differing in purpose. Have you noticed how little we truly operate with a fullness of appreciation and confirmation (for ourselves, others and our relationships).

I often have clients who share with me amazing stories from their life, magic in the real-life-everyday sense, where they have shifted hurts or changed dynamics beyond what they ever thought was possible. They also share how their partners have grown and changed in ways that they would never, ever have imagined. What I have noticed is that even when these beyond imaginable amazing shifts take place for people, it is not so easy for them to be able to express appreciation or deeply confirm themselves or their partner. Someone in their life has stepped up and started living more of their potential, expressing honestly, confronted their fears or suddenly started to express genuine tenderness and care . . . but . . . that is it. The appreciation and confirmation is kept within and never expressed. As soon as I hear these amazing stories, “I can’t believe my husband actually listened to me or spoke with care or agreed with me etc” and . . . my very next question is always -

Did you let them know how much that meant to you?

Bom Bom. No is usually the answer followed by “I thought about it but I didn’t” or “Actually, that’s a good idea I should”. Trust me my forehead has now become accustomed to the palm of my hand. When you let these moments slip by, you are letting the single most important opportunity for deepening the relationship and building a solid platform of love and affection also slip on by. It’s kind of like admiring the beautiful diamonds, emeralds, pearls and sapphires passing through your hands but never stopping to cup your hands and catch some.



~ APPRECIATION ~
THE FABRIC OF AN *Enriched Life*

Appreciation is the fabric of enriching life, smelling the roses and basking in the richness of what is on offer. It is the activation of feeling and expressing the meaning and value something has which is felt as a warmth that originates from the depth of your heart and bubbles and dances forth. It is like a big warm hug that simultaneously approaches from within and all around you. Appreciation supports you to truly value what is meaningful in life and it is the only way to understand the depth and breadth of who you are: and how truly magnificent you are. Appreciation teaches us about perfection because in order to be able to offer and receive appreciation you must be able to have a healthy relationship with strengths as well as weaknesses. One of the worst things you can do with appreciation is to disagree with it, diminish it or dismiss it. This is more poisonous than never having the appreciation in the first place. When someone is appreciating, it is a very sacred and intimate feeling they are sharing and to have that shot down can be very assaulting.

Note: It is just as important to appreciate your weaknesses as it is your strengths and it is very possible to understand the purpose of your weaknesses, address them as needed and not indulge in them for one moment longer than necessary.

Question 20: Do you have moments of appreciation? Appreciating yourself? Others or life? If yes describe how it feels.

[illegible]

Question 21: How do you handle receiving appreciation? (from yourself or others) Give some examples.

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Question 22: What specific appreciation (from yourself or others) has come to you but you have disagreed, diminished or dismissed it? Write the specific appreciations that you couldn't accept.

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Question 23: What do you appreciate about yourself and how do you express this?

[illegible]

Question 24: What do you appreciate about your partner and how do you express this?

[illegible]

Question 25: What do you appreciate about your relationship and how do you express this?

[illegible]

~ CONFIRMATION ~

FORTIFICATION & Consolidation

When you feel confirmed, by yourself, another or life speaking back to you, it feels like every cell in your being is fortified and consolidated. It feels like everything is in its right place and as it should be. This is so very important as it marks a moment that allows you to feel a very strong platform or steadiness and order before you take a step into the next expansion that is awaiting you. Confirmation is only possible when you have first accepted and acknowledged what is there to be confirmed. It gives you the strength to make what you know and feel absolute and is great for building inner-steadiness and confidence. One of the worst things you can do with confirmation is to not receive the full fortification and instead move on too quickly and busy yourself with “the next” or things that are yet to be confirmed; living in a perpetual “not there yet” cycle. For example: We use the yeah but . . . this isn’t done or finished or another area isn’t quite right to reduce the potency of the confirmation coming to us.

Question 26: When you receive something that is truly and deeply confirming, how does it feel to you?

Question 27: What do you do when someone or something deeply confirms you? Do you fully let it in or do you dismiss it?

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[illegible]

“It is easy to appreciate someone when they are pleasing to your ear but what about being able to appreciate the gold amongst the silt? True strength comes from laying down arms and being able to appreciate, love and honour that which is true without any need to be “right” about an unresolved separate situation. Knowing that you can address what is disharmonious with openness and steadiness gives you the freedom to love when others cannot. There are many strengths in this world that go undervalued and the strength to appreciate during the low times is one of the most valuable. This strength is not just for others but is equally afforded to your relationship with yourself.”

Rebecca Poole

WHERE TO NEXT?

Write down your next steps in how to know and appreciate your values and the shared values of your relationship.

MODULE 11 - CHECKLIST

- ☐ Watch Module 11 Video
- ☐ Complete Module 11 in the workbook
- ☐ Listen to Module 11 - In Session With Rebecca audio