**An example of when I acted consistent with my value:**

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**What happened before (thoughts, feelings, sensations):**

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**What happened during (thoughts, feelings, sensations):**

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**What happened after (thoughts, feelings, sensations):**

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**Why is this value important to you?**

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**How is this behaviour linked to your value?**

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**What was the experience like to be consistent with your values?**

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