

Values in Conflict

When two important values pull in different directions.



NAME _____

DATE _____

Sometimes a difficult decision feels impossible because there is no obviously “right” answer. Often, the tension comes from two important values pulling in different directions. For example:

Security & Adventure

Loyalty & Authenticity

Achievement & Balance

Belonging & Independence

Compassion & Self-Respect

Stability & Growth

This worksheet can help you slow the conflict down and understand what each side is asking of you.

STEP 1

Name the Situation

What decision, relationship, or situation feels difficult right now?

STEP 2

Identify the Values in Conflict

VALUE #1

What is this value asking me to do?

What is this value trying to protect, create, or preserve?

What might I gain by honoring this value?

What might it cost me if I prioritize this value above everything else?

VALUE #2

What is this value asking me to do?

What is this value trying to protect, create, or preserve?

What might I gain by honoring this value?

What might it cost me if I prioritize this value above everything else?

STEP 3**Look Beneath the Conflict**

Consider:

- ✦ Are both of these truly my values?
- ✦ Is one of them connected more strongly to someone else's expectations?
- ✦ Is one value becoming louder because I am afraid of what could happen?
- ✦ Is there an assumption that I have to choose one value and completely abandon the other?
- ✦ Which value has been neglected lately?
- ✦ Which value feels most important in this particular situation?

Write down anything you notice:

STEP 4**Look for a More Integrated Choice**

Sometimes values conflicts are not solved by choosing a winner. Instead, ask:

- ✦ Is there a choice that honors both values, even imperfectly?
- ✦ Could I prioritize one value now and intentionally make room for the other later?
- ✦ Is there a boundary, conversation, compromise, or creative option I have not considered?
- ✦ What would a decision look like if I respected both sides of myself?

STEP 5

Choose Your Next Step

After considering both values, what feels most aligned right now?

What am I willing to accept or grieve as part of this choice?

What is one next step I can take?

A Final Reflection

Values conflicts do not necessarily mean you are confused or doing something wrong. Sometimes they mean that more than one important thing is true at the same time.

The goal is not always to eliminate the tension. It may be to understand it well enough to make a choice you can stand behind.



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