



FEELING MINDS[®]
for a passionately rational life

Values as Foundation of Human Behavior





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Dr. Chinu Agrawal, Ph.D
Psychologist & Psychotherapist
Director : Feeling Minds





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Email: feelingmindsindia@gmail.com

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- **Advance Certification in RECBT for Adult, Child & Adolescent Therapist**
(Albert Ellis Institute, New York, USA).
- **Trained in CBT** (Beck Institute, USA)

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- Accredited & Licentiate Practitioner of the restricted and **international suite of Psychometric Assessments** used for assessing relationship compatibility both in personal & business relationships.

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- One of the first Indian Psychologists trained in **Motivational Interviewing** by the founders **Rollnick & Miller**



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- One of the first experts in **Power Intelligence**[™] from India, personally trained by **Julie Diamond**.

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- Trained and certified in **Dialectical Behavior Therapy** by **Marsha Linehan**, founder of **DBT**.



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- **Professional international member of the prestigious ACBS worldwide** organization dedicated to learning and research in Behavioral science.



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- Listed as an International **ACT therapist** on their official website

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• International Affiliate member of
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- Promoting **Third Wave Psychotherapy** for the welfare and well being of people in India.



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**What is your current
understanding of the word
“value”.**



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Constant assessment of things

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**Trying to measure / weigh the
importance.**



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Values decide further course of action.

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**Values determine how you want to
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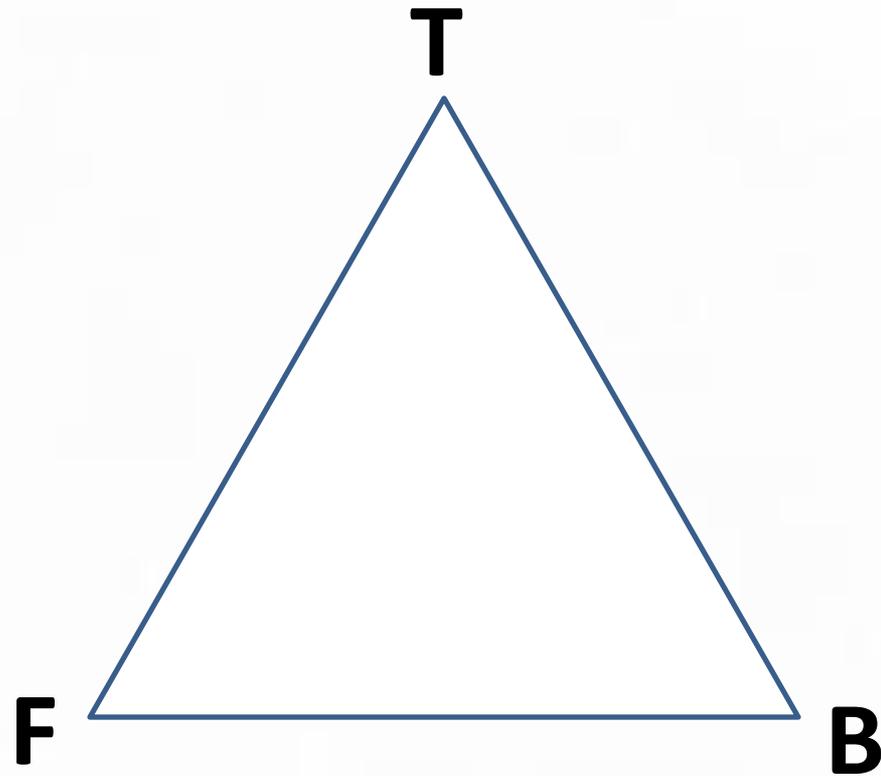


**Values have three different
components.**

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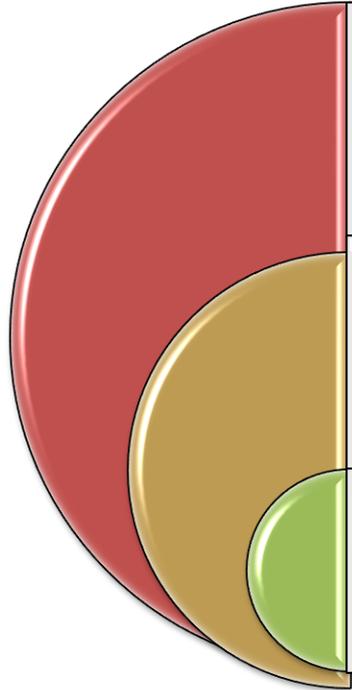


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1. Cognitive

2. Affective

3. Behavior

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**Thoughts are derived from
Beliefs.**



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**Beliefs are thoughts which we hold to
be true.**

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Where do beliefs come from?



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Three stages of life.

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1. Imprint period:

Birth to 7 years of age.



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especially when coming from parents.**

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**Circumstances and other people
in authority at that time.
Culture and Family**

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2. Modeling period:

7 Years to 13 Years.

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them. e.g. Teachers, Fictional
Characters.**



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3. Socialization period:

13 Years to 21 Years

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- a) Influence of peers.**
- b) Testing in real world.**
- c) Formative thinking.**



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“Moral Values or Morality”

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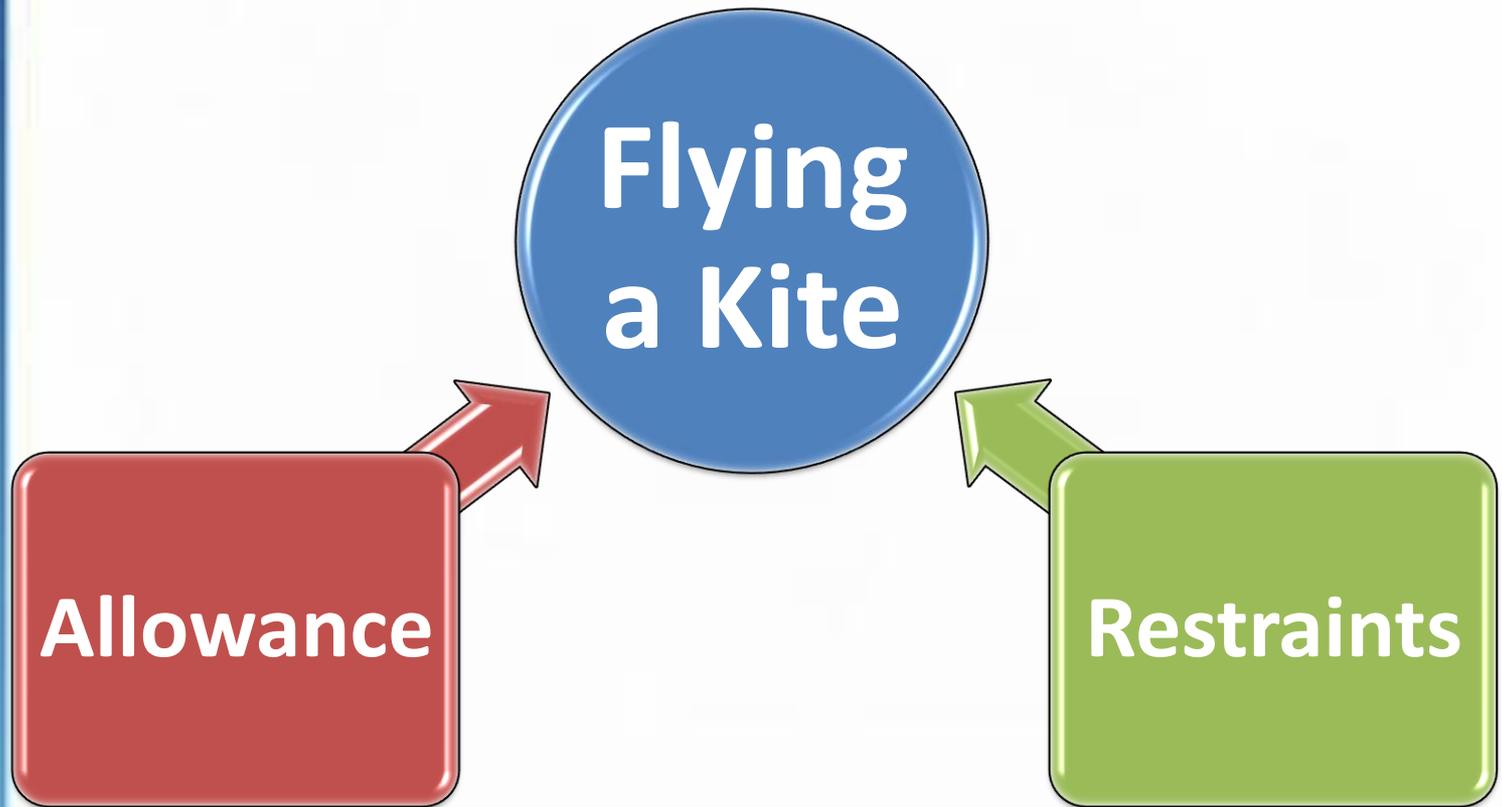


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**An inherent sense of right &
wrong.**



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**In the face of ease, comfort,
hedonic pleasures of life, values act
as anchors.**



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Temptations



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Decide “Not to”

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Principle Centered Living



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Rather than self centered living.

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Keeping in mind the welfare of others.



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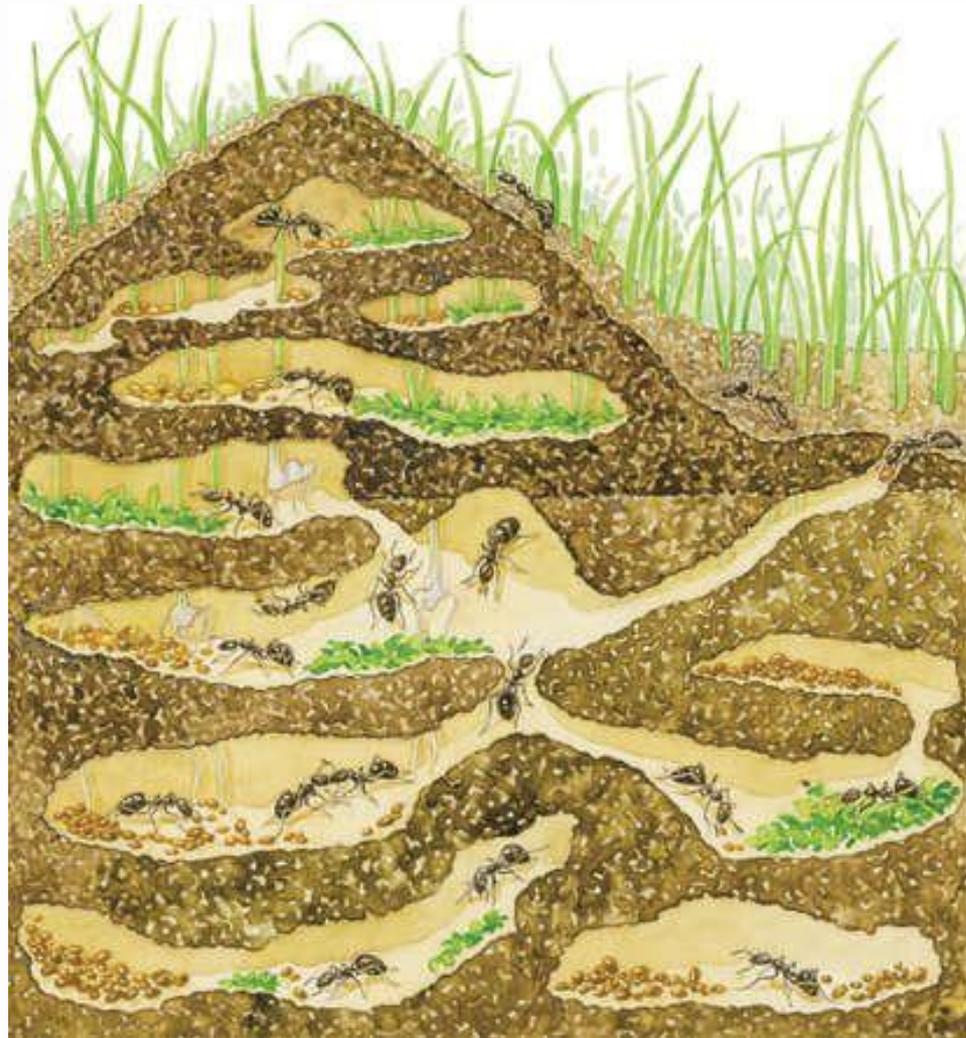


Sterile ants Co-operation

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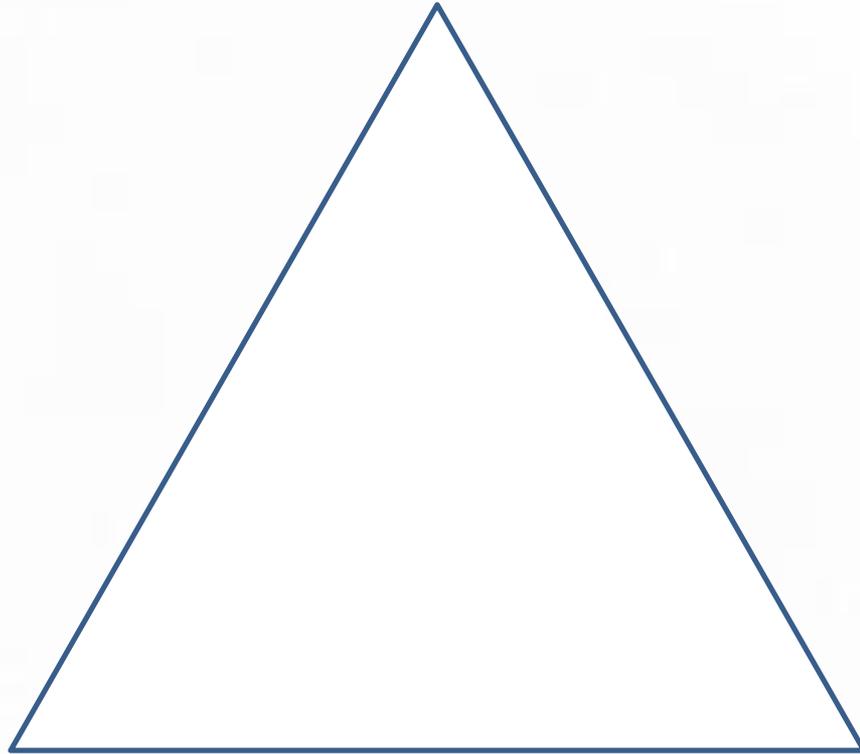


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Self

Others

World



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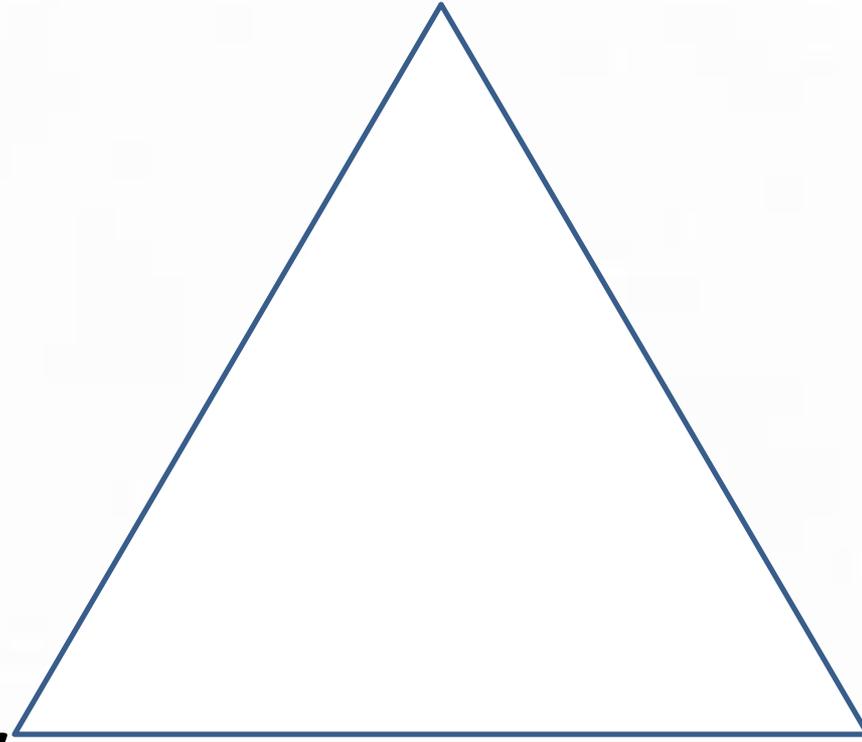


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Culture

Family

Society

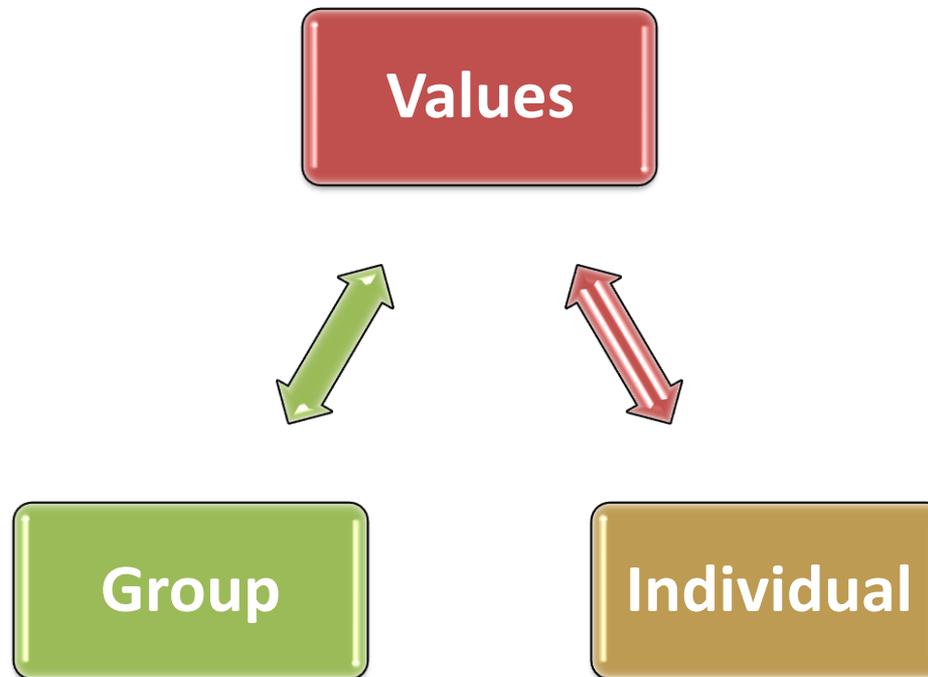


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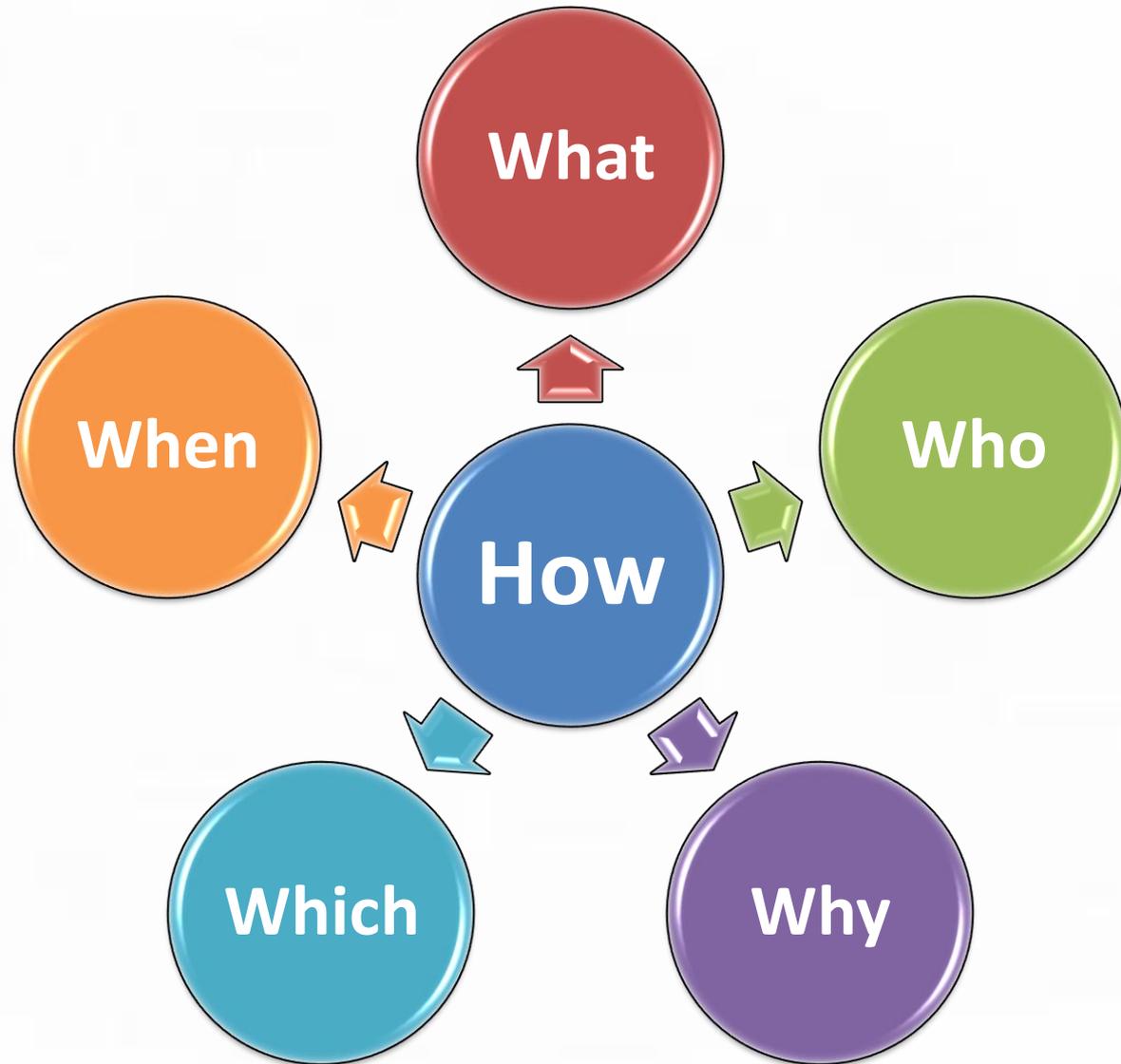
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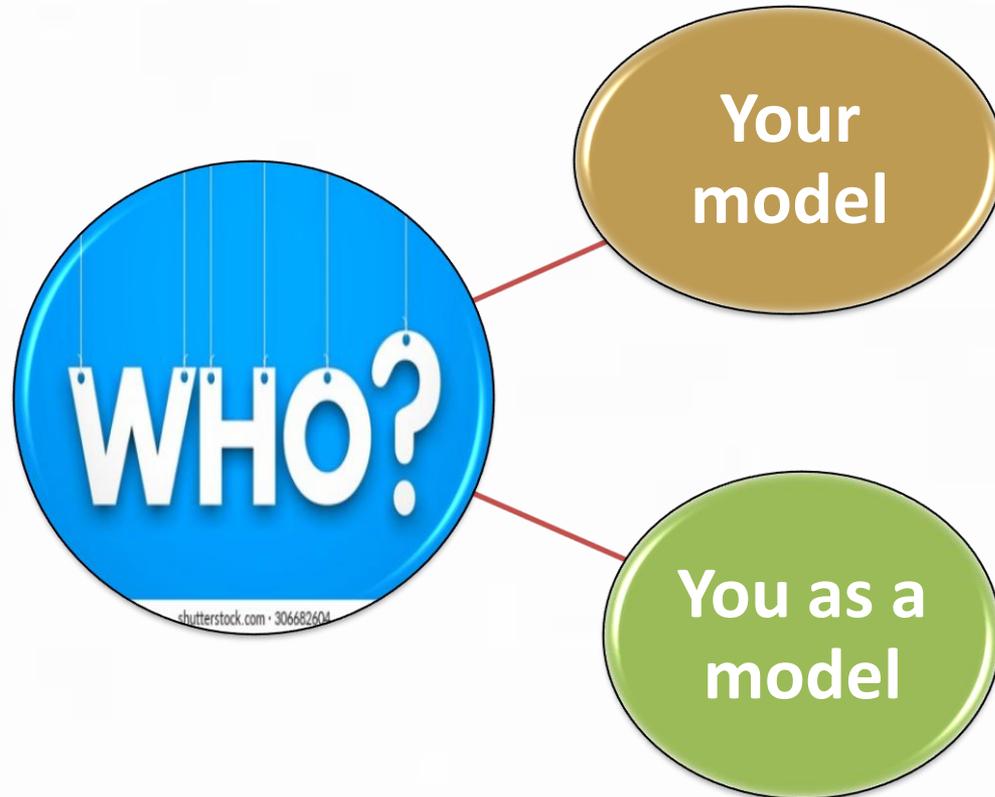
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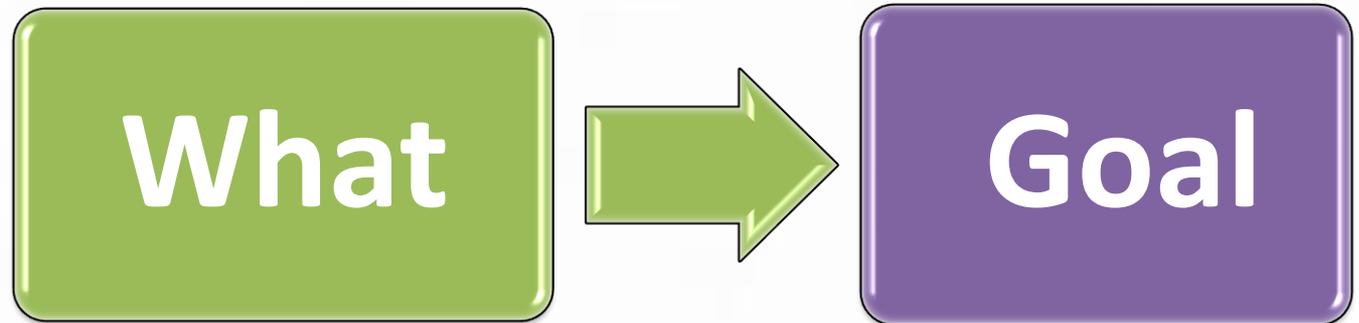


Value Modeling is inevitable

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Which:- Value choice

**There are multiple values, which one's
do you want to select.**

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Why: are there any benefits?



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Benefits



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- **Sense of direction**
- **Sense of Security**
- **Sense of Satisfaction**

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- **True Happiness**
- **Sense of control over our life and its purpose**



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- **Realizing our highest human potential**
- **Leading by example**
- **Leaving a Legacy**
- **Contributing meaningfully**

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- **Becoming more effective & productive**
- **Living in harmony & peace with oneself, others & nature**

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- Having a sense of self worth
- Enhanced self esteem

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• **Individual Identity**

**(This person stands for scientific
temper / truth / honesty.)**



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- **Having an emotional anchor in place**
- **Feeling a sense of personal strength**

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- **Having an internal monitor in place which serves as our conscience.**



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- Having a sense of balance & perspective in life.

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- **Being able to act with courage & compassion at the same time.**



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- **Being capable to deal with challenges & adversities that life presents.**

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- **Having fulfilling relationships.**



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- **Emanate trustworthiness**

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- **Having the alignment & integrity to match words with deeds, make & keep commitments to ourselves & others.**



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- **Being able to deeply value other people and recognize their unlimited potential.**

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- **Believing there is plenty of everything for everyone**



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**How do we know, select &
practice values?**



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Values checklist

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**What are your heart's deepest
desire to behave as a human
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as?**

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Value Preferences



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Value Choice

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Value Discussion & Deliberation



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Presenting

Role – Models

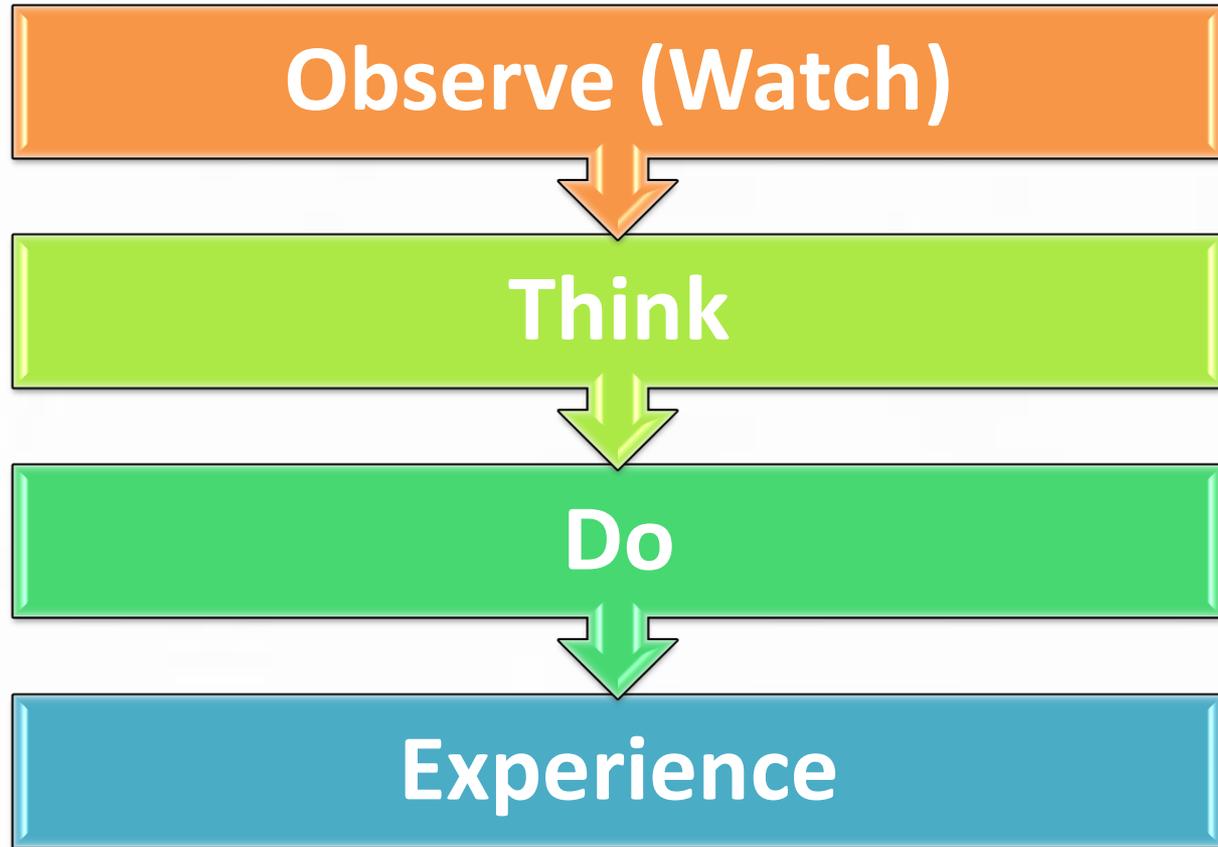
In various settings.

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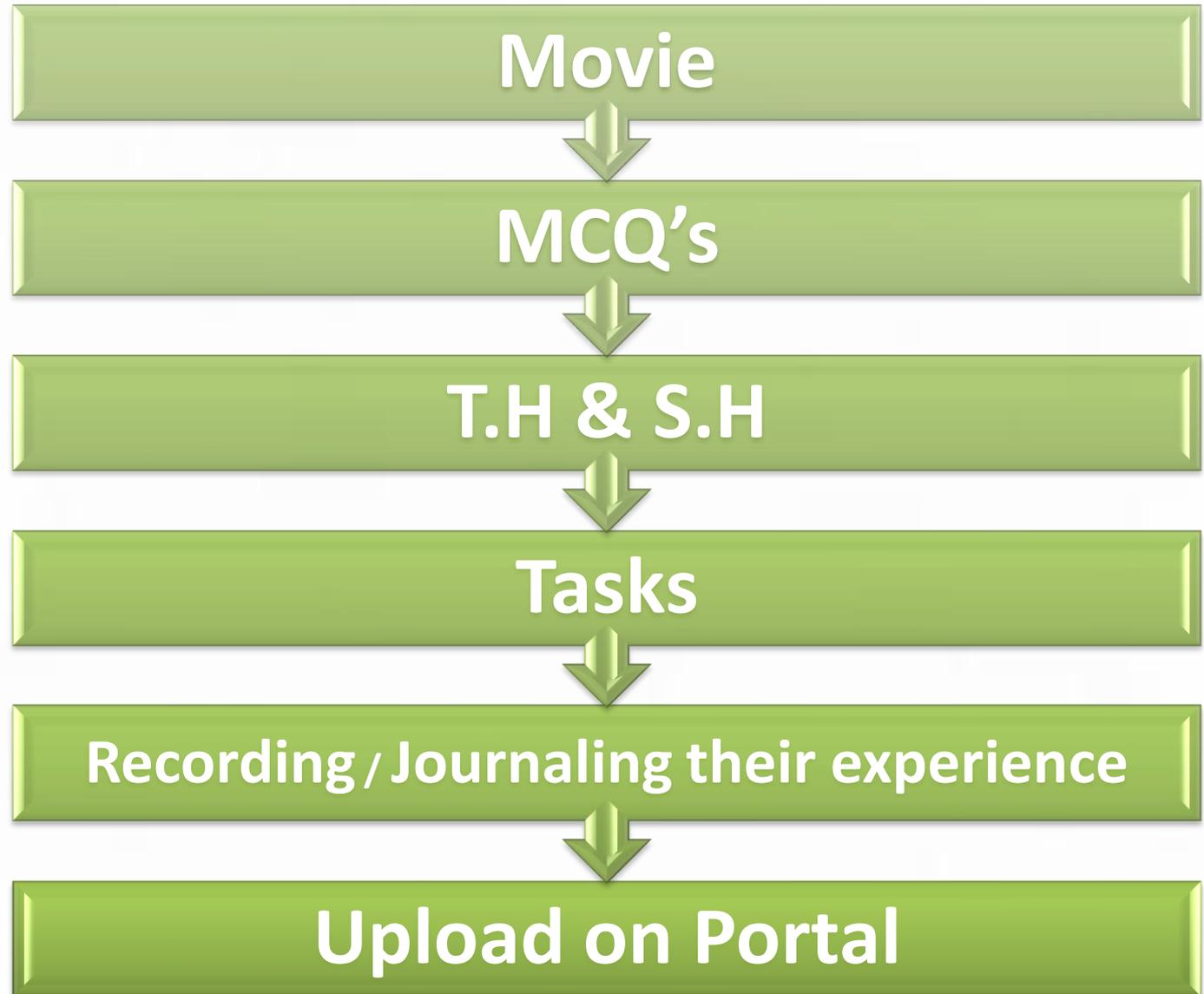


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Video Link

Coping with Grief and Loss By Dr. Chinu
Agarwal

[https://www.youtube.com/watch?v=](https://www.youtube.com/watch?v=HsrdrGRXd8)

[HsrdrGRXd8](https://www.youtube.com/watch?v=HsrdrGRXd8)

Coping with Grief and Loss Session

<https://youtu.be/HUXYJKtA1Oo>

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