

Values:
Strength Awareness Matrix (SAM)

Values	Strength Awareness Matrix (SAM)		
	Creativity	Experience	Attitude
Reciprocity:	What you give What you have to offer	What you receive How you accept and appreciate what you were given.	You recognize you grow within by participating in the giving and receiving process
Responsibleness	How did you maintain your responsibilities at work, home, school, etc. and how did you express your uniqueness in your work, the deeds you performed, and goals you achieved?	Relationships with others, nature, activities that are deeply meaningful	(A) Attitude toward adversity (B) Attitude toward blows of fate (C) Attitude toward unwelcomed consequences
Noetic (Spiritual) Reciprocity	Giving Unconditionally	Receiving what is given to you unconditionally with an open heart	<i>Self-transcending</i> : your capacity to “reach out beyond yourself, toward meanings to fulfill, people to love, causes to serve;” technique of de-reflection.

Adapted from the work of Ann V. Graber’s Viktor Frankl’s Logotherapy, 2nd edition (2004).

1. You Values Creativity: What have you offer to others, your community, your school, your church, your profession?
a. You Values Creativity: How did you maintain your responsibilities at work, home, school, etc.?
b. You Values Creativity: What goals have you set for yourself and what goals have you achieved?
c. You Values Creativity: What do you do for someone else or your community unconditionally?

2. **What Experience have you Valued:** What have recently received?

a. **What Experience have you Valued:** How have you accepted and appreciated what was given to you by others, your community, your school, your church, your profession?

b. **What Experience have you Valued:** How have you tolerated, accepted, and appreciated your relationships with others, with nature, and with activities that have deeply your meaningfulness for the moment?

c. **What Experience have you Valued:** What was given to you and you received it unconditionally and with an open heart?

3 **Attitude:** What activities did you participate in, and you contribute in the giving and receiving process?

a. **Attitude:** What was your attitude toward an adversity you recently faced?

b. **Attitude:** How can you be resilient when you deal with the blows of fate?

c. **Attitude:** How can you find meaningfulness in times of unwelcomed consequences?

d. **Attitude-Self-transcending:** What capacities to you have to “reach out beyond yourself, toward meanings to fulfill, people to love, causes to serve?

What was the purpose of this exercise?

Talk about or write about how this exercise was meaningful and relevant to you?

List three concrete ways you can be more responsive or reliable?

From 1 to 4, how helpful was this exercise? (Circle the Number)

0	1	2	3	4
Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Viktor Frankl's approach to therapy relies on philosophy, especially existential philosophy. I realize the word *existentialism* excites particular intellects, but, like me, it chases most people away. Frankl believes that there is no meaning to be found in the world apart from that which you give to it. He has faith in that life cannot guarantee that you will always experience meaningfulness or fairness because absurd and tragic events can befall you at any time. Yet, you are free and responsible for creating your values and determining your life's meaning. He believes that to be authentically human is to embrace this freedom and bear the burden of this responsibility, without fleeing into conformity or pretending that your actions are either random or determined.

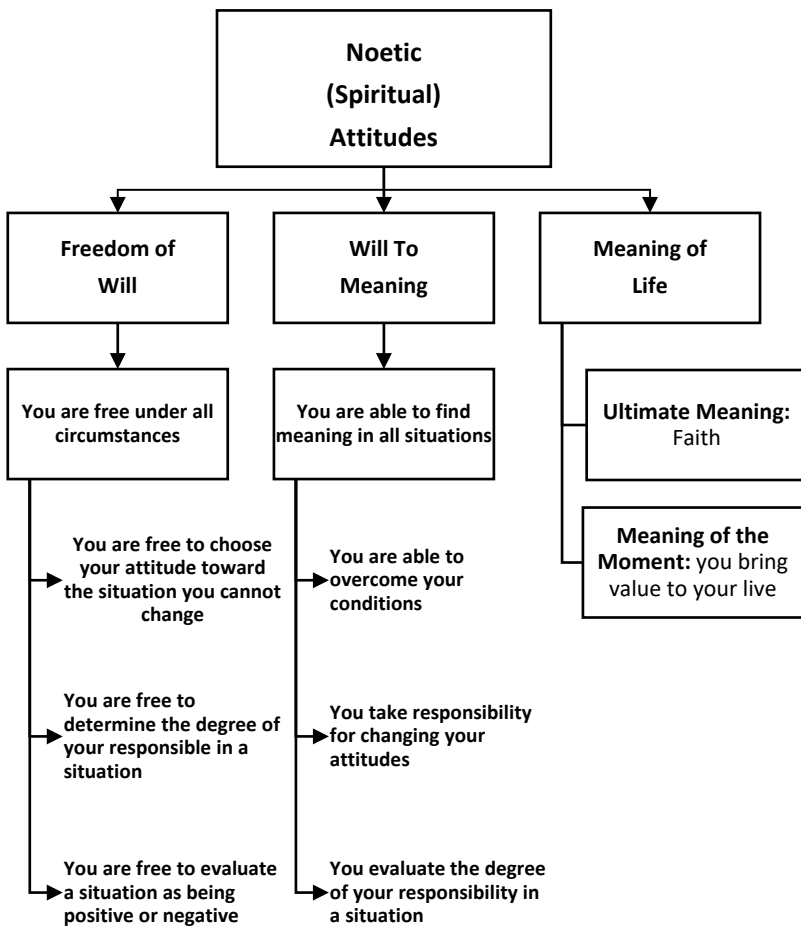


Figure 1: Depth and Breadth of Frankl's Theory

our values and attitudes interact and how we can see the meaningfulness and love interact. Figure 2 examines Frankl's perspective on values.

Creative Value involves making a difference in the world with the gifts that life or divinity have given you. Creative values help you to dedicate your life to something larger than yourself. These values help you to develop an awareness or realization that your original work is meaningful, and it is consistent with your proven cultural values. Creative values are similar to the idea of creating meaning through personal projects, and you would classify it as an example of meaning-making because it involves ongoing creative work. However, Frankl considers it a pathway of discovering meaning, and these values are not meaning in of themselves. You realize that your original work is meaningful, and it needs to be consistent with some proven cultural values.

Figure 1 examines the depth and breadth of Frankl's approach to counseling and psychotherapy. As you move from your desire to be free, you develop your desire to find meaningfulness in your life. The Freedom of Will reflects your attitude that you are free under all circumstances.

If this attitude toward freedom is realized, then you know that you can find meaning under all circumstances. Frankl believes that your attitudinal values are essential in situations of unavoidable and inescapable suffering. A way to find meaning in the face of suffering is to face such adversities with courage, equanimity, and joy. Most people, including myself, do not realize that Attitudinal Value is similar to the existential coping, which involves two coping strategies, namely, accepting what cannot be changed, and affirming that there is something valuable and meaningful in facing adversities (Wong, 1993; Wong, Reker & Peacock, 2005).

Using the Psychology of Being Unique (PBU) perspective, we can take a close look at how

Experiential Value helps you to pay attention to the joys of life, accepting the pains and stresses of life, and helps you to appreciate moments of perfection and happiness that reflect a meaningful life. Examples include listening to music, taking in the sunset, and or enjoying the view from a mountain top. Experiential Value emphasizes receiving what life has to offer. This includes listening to music, taking in the sunset, and or

enjoying the view from a mountain top. It can also include the joy and peace one experiences in mindful meditation, especially the experience of oneness with the universe at a higher level of consciousness. This pathway to meaning free you from cognition and thinking and experiential values enables you to soak in the beauty of life without the mediation of language.

Attitudinal Values help you to accept life's vicissitudes and sufferings. You work on transcending these adversities, and you search for meaning in them. Your attitudinal values reflect how you view life. These values involve accepting what you cannot change and take a defiant attitude toward suffering and trauma

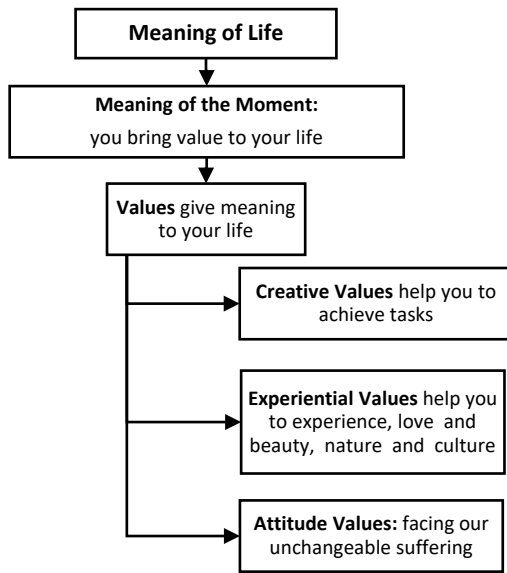


Figure 2: Values that Create Meaning in Your Life

Figure 3 examines a brief summary of Frank's view of motivation, and Figure 4 looks at and define the three values you can experience when facing life's demands.

Freedom of Will: You are free under all circumstances	Will to Meaning: You are able to find meaning in all situations	Meaning of Life Is determined by the Attitudinal Value you take toward the situation
You are free to choose your attitude toward the situation you cannot change	You are able to overcome your conditions by changing your attitudes	Creative Value
You are free to determine the degree of your responsible in a situation	You are able to take responsibility for changing your attitudes	Experiential Value
You are free to evaluate a situation as being positive or negative	You are able to evaluate the degree of your responsibility in a situation	Attitudinal Value

Figure 3: Brief Summary of Frank's View of Motivation

he following table is a summary of Frankl's view of the noetic (spiritual) dimension of human behavior.

<i>Vickor Frankl's view of Motivation</i>		
Freedom of Will: You are Free to Decide	Will to Meaning: You are Free to Determine Your life	Meaning of Life: You are Free to Discover Meaningfulness in Your Life
You have the Freedom to Experience Meaning; You have freedom to do something with your life.	The will is the desire that have impact on your choices and can determine your action. You have the will to experience meaningfulness and to be determined and committed to be happy.	Life always has value and worth
<ul style="list-style-type: none"> Frankl contends that without freedom of choice, you would have no responsibilities, no guilt, no evaluation of human behavior, Then human experience would be meaningless. <p>Therefore...</p> <ul style="list-style-type: none"> You decide who you will become. You know you have the capacity of free choice: You know you have the freedom to fulfill the meaningfulness in your life because you always have the (1) freedom to do something, (2) freedom under all circumstances; (3) freedom to choose your attitude toward conditions You cannot change; 	<ul style="list-style-type: none"> The Will to Meaning is expressed in the following statements, You want to experience meaningfulness. You can cope with the inherent frustrations of life, Your health is dependent on the extent to which you are able to find meaning; You want to experience meaningfulness You want to realize your values; You want transcend (go beyond yourself) spiritually; You want to freely and responsibly experience meaning. <ul style="list-style-type: none"> When you are doing what is meaningful and important in life, you find contentment and happiness. 	<ul style="list-style-type: none"> Frankl believes that life has meaning under all circumstances. You can find meaning through <ul style="list-style-type: none"> actions and experiences and in attitudes about situations of unavoidable suffering, which such situations being meaningless in of themselves; Seeing the ultimate meaning, which is an awareness of <ul style="list-style-type: none"> (1) An existing order; (2) You can take part in this order; (3) You can respond to this order to the best of your abilities; You can discover an awareness of the meaning potentials that life offers you from moment to moment, and It is your responsibility to respond to life's demands to the best of your ability.

Figure 4: Details of Frankl's Model

The Meaning of the Moment is seeing the value in your life, which opens the door to discovering meaningfulness			
	Creative Value	Experiential Value	Attitudinal Value
<i>Definition</i>	<i>Definition:</i> Creative: having the quality of something created rather than imitated, using your imagination	<i>Definition:</i> The word experiential relates to, deriving something from your experiences, which experience is practical knowledge, skill, or practice derived from direct observation of or participation in events or in a particular activity.	<i>Definition:</i> when we <i>value</i> something, we hold that "something as being relatively important to us, and that person, object, or activity is intrinsically desirable to us. The word " <i>attitudinal</i> " is an adjective that indicates an expression of a personal attitude and feeling of a cognitive position toward a fact, event, or a state of mind.
Helpful	Creative values help you to achieve tasks	Experiential Values help you to experience, love and beauty, nature and culture	Attitudinal Values helps you to face unchangeable suffering
Goal	It is making a difference in the world with the gifts that life has given you.	It is paying attention to the joys of life, accepting the pains and stresses of life.	It is discovering new ways of thinking, believing, feeling and wanting when life presents itself with unwelcomed change.
Giving and Receiving	It is giving of yourself or dedicating your life to something larger than yourself.	It is receiving what life has to offer.	You can take a defiant attitude toward suffering and trauma.
3 A's	Developing Awareness: It involves developing an awareness or realization that your creative work is meaningful, and it is consistent with your proven cultural values.	Developing Appreciation: It is appreciating moments of perfection and happiness that reflect a meaningful life.	Developing Unconditional Acceptance: You will never like pain and suffering, but you can accept what you cannot change, and develop attitudes that will help you tolerate such suffering.

Figure 5: Meaningfulness of the Moment: Discovering Your Values

Anyone of our attitudes can take on three versions. Most of us would agree that it is better to love than to hate. So, we can assign love as a higher value and hate as the lower value. When we assign love as a higher value, we assign a desire to care about that person or cause. We hold this person or cause dear to our hearts. We cherish and feel passion, devotion, and tenderness for that person or cause. We actively desire that person love us back, and the other person actively want for that love to be return in kind. This reciprocity of love helps each person to get along with each other. This reciprocity instills confidence in each person, and they mutually encourage and support each to reach his or her goals individually and help each other to achieve their goals in common. Through this process of reciprocation, take pleasure in each other’s preferences and satisfaction. If this was the reality of love, then there would be no abuse, violence, and intolerance in the world. The Psychology of Being Unique (PBU) proposals that we all can exercise our higher value of love, but we also can apply attitudes of hatred and indifference.

In agreement with Robert Sapolsky, PBU sees the opposite of love is not hatred, but the opposite of love is indifference. Please note that the opposite of hate is also indifference. PBU contends that when people experience trauma, chronic pain, a limitation of resources, stress, and others attempting to restrict their uniqueness, we have a flip in values. For example, a loving person put under extreme pressure will see hatred as their only way to survive.

Higher Value		Opposite of Survival Model and Higher Value
Example: <i>You value love. You want to care about another person, a cause, or someone or something bigger than yourself.</i>	Survival Mode	Indifference: <i>You neither love or hate another person; vs. extreme indifferences can lead to catastrophic consequences, such as the Holocaust</i>
Higher Value: Engendering Love Each Day	Example: <i>You devalue another person and you hate that person.</i>	Opposite of Survival Model and Higher Value
1. Responsiveness: <i>You value being responsive to others, and you want to listen to and be sensitive (Index 1)</i>	Survival Mode	Objective: <i>You want to be free from prejudice or excessive self-interest.</i>
2 Reliable-People take Me Seriously: <i>You value being reliable, and you want people to take you seriously (Index 2)</i>	Self-Centeredness Attitudes: <i>I devalue being concerned about others, and I only value opinions that agree with my opinions (Index 1)</i>	Carefree: <i>You value being free from care and having no worries or troubles. You want to be carefree, lighthearted, happy-go-lucky</i>
3 Reflective: <i>You value thinking before I act. You want to reflective thinking and you want to be aware of the consequences of your actions (Index 3)</i>	Selfishness Attitudes: <i>I devalue what others want, and I value only what I want to do. I disregard another person’s wishes. I do not care about others, and I value only the things I want to do. (Index 2)</i>	Spontaneous: <i>You are aware of external constraints, and You can be spontaneous. You are free from worry or excessive concerns of the day.</i>
4 Reasonable-Being Tolerant: <i>You value be reasonable, logical, and practical. You want to be tolerant of individual and cultural differences. (Index 4)</i>	Impulsive: <i>I devalue always having to think before I act. I believe the consequences or thinking about the repercussions of my action is of little value to me. (Index 3)</i>	Uncertain: <i>You value not knowing everything. You can’t be expert in everything.</i>
5 Receptive: <i>You value being receptive to new ideas and perspectives. You want to be open-minded (Index 5)</i>	Unreasonable-Intolerant: Attitudes related to Intolerance: <i>I don’t value tolerating beliefs, ideas. My values can go against my culture, religion, political views, or my social status. (index 4)</i>	Neutral: <i>You value taking a neutral stand on certain issues. You want to be impartial regarding this issue.</i>
6 Realistic Self-Control: <i>You value being in control of yourself. You want to careful and socially precise. (Index 6)</i>	Pointless to Plan: Non-Receptive Attitude: <i>I do not value making plans or setting goals. I devalue new ideas or ideas that are different from mine. I don’t value being open-minded. #5</i>	Concerned with maintaining your self-concept; <i>You value maintaining your sense of self, and you want to appreciate your individuality</i>
7 Resolve: ➤ <i>You value giving your best effort.</i> ➤ <i>You want to show resolve in times of stress and frustration. (Index 7)</i>	Pointless to Set Goals: Pointless to have adequate self-control <i>I devalue setting goals. I usually devalue tasks others assign to me. (Index 6)</i>	Unconcerned: <i>You do not value every issue that presents itself to you. You do not want to be overly involved in that particular issue.</i>
8 Responsibility: <i>You value being a responsible person. You want to work tough when tasks are not easy or fun. (Index 8)</i>	Pointless to Try: Giving Up Behavior <i>I devalue trying. I want to give up when tasks become too frustrating or boring. (Index 7)</i>	Relevant: <i>You value issues that are relevant and pertinent to you, and you want to retrieve material that satisfies your needs</i>

<p>9 Self-Reassurance: <i>You value in believing in yourself, and you want to believe that you can do this! (Index 9)</i></p>	<p>Pointless to be Concerned: Lack of Effort <i>I don't value being responsible and you are working hard in the face of frustration and in times of stress. Index # 8</i></p>	<p>Unenthusiastic <i>You value being unenthusiastic and unsympathetic about certain issues,</i></p>
<p>10 Self-Reliant – Independent Thinking: <i>You value your ability to think independently. (Index 10)</i></p>	<p>Self-Doubt: <i>I devalue my worth when I fail or when I am unable to achieve a particular goal. (Index 9)</i></p>	<p>Contemplating: <i>You value thinking about something before you make a decision, and you want to be modest but you are not passive.</i></p>
<p>11 Sensible Risk Taking: <i>You value trying positive and constructive ways to improve your life or the life of another. (Index 11)</i></p>	<p>Seeking Approval <i>I value another person's opinion too much, and I devalue your opinion and ideas. (Index 10)</i></p>	<p>Self-Distancing – <i>You value being objective about your behavior. You want the capacity to look at yourself from the "outside, objectively.</i></p>
<p>12 Unconditional Self-Acceptance: <i>You value accepting yourself unconditionally. You want to appreciate and accept another person's uniqueness. (Index 12)</i></p>	<p>Self-Perfection Attitude: <i>I value being perfect. I want to do things perfectly, so I can feel good about myself. (Index 11)</i></p>	<p>Unconnected: <i>You don't have to be always connected with others, ideas, etc.</i></p>
<p>13</p>	<p>Self-Downing <i>I devalue myself. I want to put myself down because I believe this devaluing myself will motivate me to do better in the future. (Index 12)</i></p>	