

## SESSION 6: **Developing Good Values**

MAIN THEME OF THIS SESSION:

**That we've spent a long time forming unhelpful values from a leadership perspective and that change is difficult. It won't happen overnight. But it can happen!**

Good news is that change can happen

Bad news is that it's difficult!

Values are 'sticky'

But in your early twenties, your personalities are still plastic

Now is the time for change!

Another way of thinking about values is that they're 'hard-wired'

They have been reinforced since birth

Our childhood ought to have been the time for good values formation

But most of us had less than ideal childhoods!

Parenthood is all about moving the 'locus of care' outwards

Away from complete self-absorption to independence, then to participation

Values formation in adulthood is largely remedial – and there are no shortcuts

If you grew up and it was OK to be dishonest, you'll find it hard to have integrity

If you weren't taught to consider the needs of others, learning to love people will be hard

If your family ridiculed weak people, it will be unnatural to show compassion

If your parents were selfish, it won't be easy for you to delay your own gratification

If you weren't taught to believe in yourself you won't easily believe in others

If you were allowed to run away from difficulty, then courage won't come naturally to you

Changing values requires us to deal with difficult emotions about our family

Emotions we might be inclined to deny or run away from

When we realise how hard-wired our values are, it can be discouraging

But don't give up! Sit with it for a while and you'll be surprised how resolution can grow

Four stages of learning:

1. Unconscious incompetence
2. Conscious incompetence
3. Conscious competence
4. Unconscious competence

You're entering stage 2: it's the most difficult stage! You're on the right track!

Hang in there!

### QUESTIONS

**What kind of values formation did I receive in my family?**

**What was the best of it and what was the worst?**

**How do I feel about my family when I think about these issues?**