

Awakening The Genie Within (Chapter 7)

HANDOUT #3 - GUIDELINES FOR COMPLETING WORKSHEET #2A.

GROUP CONSENSUS OF LIFE VALUES

The purpose of this exercise is to help two or more people connect at a deeper level through a process of comparing values and consenting to a common set of group values to guide the behaviour of each person in the relationship. Note: this handout can also be used for the group work in Chapter 10. Here are some guidelines for completing the work.

- Treat each other as colleagues, not adversaries.
- Try not to pass judgment on other people's values, needs and expectations. These are very personal things to share and can leave people vulnerable. Respect confidences.
- When creating a set of group values, look for what the group has in common. You may have to consider values not in your top ten but still important to you. No person's set of values will be identical to the final group result. What is important is consensus rather than absolute agreement. It will involve some give and take. Consider combining similar values such as "fairness" and "equality" if you do not make a distinction between them.
- The group result is partly quantitative based on value ranking and the number of people who chose it, and partly qualitative. For the latter, it helps to discuss why certain values are important. Others may realize they feel the same way. The value groupings (colour coding) may be helpful in this regard.
- If two values are of equal rank, the one most applicable to the group purpose should be ranked higher.
- Try to limit the group's top values to 10 but there is space for 12 if needed.
- Do not spend a long time debating the exact priority of values. The ranking of values is important but can change depending on the circumstances. Be reasonable and cooperative but do not consent if you are not prepared to back up your consent with action. The ranking of the top five values is more important than the others.
- Above all, enjoy the process and try to connect with each other at a deeper level. The connections established between people who engage in this process are as or more important than the result.