



We're people like you.

Peer Group Chat

Date: 27.07.23

**Title:** Values: A Guiding Light

**Description:** Values can be a big driving force behind our actions and the way we live our lives. Shared values with others can also lead to strong and meaningful connections. In this chat, we'll explore what our values might be and how they might guide our actions and impact our connections.

Amber22 (PSW)	Welcome! @Outlander :)
Amber22 (PSW)	Welcome! @Guest123
TideisTurning (PSW)	Hello @Outlander & @Guest123 great to see you here tonight! :)
Amber22 (PSW)	<b>Hi everyone. First, we 'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today 's Peer Group Chat talking about Values: A Guiding Light.</b>
Guest123	Hi :)

# SANE

We're people like you.

Outlander	Hello
Laura	Hi
Amber22 (PSW)	<b>Tonight, Peer Support Workers @amber22 and @TideisTurning will be facilitating a discussion around the topic of Values: A Guiding Light. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to be aware of our values (and others) to create a shared connection and highlight them as much as possible in our lives. We 'll be moving through a number of discussion questions tonight, and it 's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about our values and what we believe in as opposed to others' beliefs. @Jynx, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you 're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a>) or message @Jynx. We're looking forward to creating a space where we can reflect and learn more together about Values as a Guiding Light.</b>
Amber22 (PSW)	Hey! @Laura
TideisTurning (PSW)	Hi @Laura :)
Laura	Hi @Amber22 (PSW) @TideisTurning (PSW) I've finally been able to join as I'm not working hahaha. How are you both?
Laura	Hi @Jynx (Moderator)

# SANE

We're people like you.

Jynx (Moderator)	Howdy folks
Amber22 (PSW)	Yay so glad you made it @Laura Going okay today, we haven't chatted in a while!
Amber22 (PSW)	Welcome! @Captain24
Laura	No it's been such a long time.
Laura	Hi @Captain24 been a while. How are you?
TideisTurning (PSW)	Welcome @Captain24
Captain24	Hi all
TideisTurning (PSW)	Hi There @Bow!
Amber22 (PSW)	Hey there! Bow
Laura	Hi @Bow
Amber22 (PSW)	Within this group tonight we 'll be talking about: What are values, and what values are important to us How shared or similar values can impact a relationship Using our values as a guide in everyday life

# SANE

We're people like you.

Amber22 (PSW)	Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I 'm @amber22
Amber22 (PSW)	Welcome! @Jacques
TideisTurning (PSW)	Hello @Jacques great to see you here tonight!
Jacques	hi everyone
Jacques	been having a rough day so i will do my best to be positive.
Amber22 (PSW)	Aw, glad you're here with us @Jacques
Outlander	Im at work atm and struggling a bit tonight so will probably just be reading i think.
Amber22 (PSW)	That's okay! Do what you can @Outlander Hope you're okay
Jacques	gentle hugs @Outlander i know the feeling
Amber22 (PSW)	Let's get started with our first question of the night
Amber22 (PSW)	<b>Q1: Values are the individual belief that might motivate and serve as a guide for action. What values do you think might be important to you?</b>

# SANE

We're people like you.

TideisTurning (PSW)	Take care of yourselves this evening @Outlander & @Jacques :)
Guest123	Community is definitely a huge value of mine.
Laura	Kindness, respect, compassion and empathy.
Jacques	my values are treat others as you would like to be treated, be honest and kind.
Amber22 (PSW)	Welcome! @M O
Laura	So true
Jynx (Moderator)	Agree very much with you there @Guest123
Guest123	Thanks, Jynx :)
Bow	Integrity
Captain24	Honesty and treating each other with kindness
Amber22 (PSW)	Hey! @Blackbird 11
TideisTurning (PSW)	Ooh. That's a big one for me @Jacques , treating others how you'd like to be treated. <3 A family motto of sorts I was raised on

# SANE

We're people like you.

Blackbird 11	Hi @Amber22 (PSW)
Laura	School drilled that one into us
Amber22 (PSW)	Love that, treating others with kindness is one of mine too @Captain24
Amber22 (PSW)	Hey! @Snowie
Laura	Not that everyone would follow
Jacques	yes me too @TideisTurning (PSW) my dad was really into this saying.
Blackbird 11	Connection, curiosity, kindness and wisdom
Guest123	Wisdom is a great value :)
TideisTurning (PSW)	For me, one value that stands out as being really core for me is inclusion. Another is love, in the sense of things like caring, kindness, patience, compassion, empathy and generosity.
Snowie	Respect, integrity, love and honesty are important for me.
Snowie	Another big one is trustworthiness. The trust we have, especially in our supports

# SANE

We're people like you.

Jacques	trust and loyalty are big for me, i have been hurt so many times by so called friends.
Amber22 (PSW)	Hey! @Dimity1
Captain24	I agree @Jacques
Snowie	@Jacques I totally agree with those. Especially when we have been hurt by people, getting that trust back is hard.
<b>Amber22 (PSW)</b>	<b>Q2: Are your values something you 've thought much about? What do you think the benefits could be in being more aware of and intentional with awareness of your values?</b>
Bow	Always a good idea to know what important to you cause it helps guide you, especially in decision making
Blackbird 11	Values are more giving and give you a direction. Whereas goals are more succeed/fail
Jacques	i do think about my values a lot, so much hate and anger online these days i do make a conscious choice to be respectful to everyone I meet online. i never know who is struggling and who feels devalued. I learned this first hand from a online friend who used to be harassed by men because she was a lesbian. it was disgusting how people would speak to her.
Captain24	Yes. I like to think I have fairly good values. It 's important to be aware as it helps you move forward.

# SANE

We're people like you.

Guest123	I suppose it could allow you to live a life with actions more in line with your personal philosophies. For example, as we have mentioned, if your values are compassion and kindness and you are aware of that, it could more positively impact how you treat others :)
Snowie	I think I probably need to be more aware of my values, especially with how I think and treat myself. I can see the values so much in others, but it is hard to see them within yourself.
TideisTurning (PSW)	Absolutely @Snowie. I feel like we can be harshest on ourselves
Captain24	That 's true @Snowie I use my values for others not myself.
Jacques	i agree @Snowie our mental health does impact on our view of ourselves and to see who we really are
Amber22 (PSW)	Yes that's a great way of looking at it! @Guest123
Laura	I base my values on how other people treat me and how I want to be respected
Amber22 (PSW)	I feel that - I do that as well @Laura
TideisTurning (PSW)	That's actually really cool. Something I hadn't considered- the importance of practicing your values toward yourself <3
Guest123	I agree with Blackbird 11 - Goals can feel so 'ultimate' and final. Values are like steps in the right direction. :)



# SANE

We're people like you.

Laura	No point in being in a relationship with someone that doesn't respect you or have similar values. That's probably why I can 't find a boyfriend lol.
Jacques	so true @Laura communication, respect and trust is everything in a relationship. don't settle for anything less.
Laura	yeah
<b>Amber22 (PSW)</b>	<b>Q3: It can be incredibly valuable to have the perspectives of others who know us well and may be better able to see and highlight our values when we aren't as aware ourselves. Who in your life might be able to provide this insight? How do you imagine they might describe your values?</b>
Captain24	Hahaha. I actually don 't have anyone.
Laura	My Aunt would be one to tell me and highlight different things. I guess just with my MH over the past year I wouldn't think much of it but I 'm sure she would have a few things to say.
Laura	Aww @Captain24 you're amazing
Snowie	I know my husband would be able to see my values. He would be the only person I trust 100%
Amber22 (PSW)	Aw @Captain24, how about if you could imagine someone looking in what they would think?

# SANE

We're people like you.

Guest123	I feel like my partner has a good gauge on my values. She would say one of my values is definitely respect.
Jacques	my partner is my best judge of my character as she knows me the best. i think she would see me as kind, caring, loyal.
TideisTurning (PSW)	I'd agree with that too @Jacques, from what I've seen of you <3
Jacques	aww thank you @TideisTurning (PSW) that is nice of you to say.
Captain24	I guess kind and compassionate @Amber22 (PSW)
<b>Amber22 (PSW)</b>	<b>Q4: How might shared/ similar values impact a relationship?</b>
Guest123	Ah that's a good question!
Snowie	I think having the same core values as my husband is vital in our relationship. I don't think I could be with someone who doesn't share my values. I think it can make or break a relationship.
Guest123	Idk. We've talked about how we all value respect and compassion tonight. I feel like when two or more people both/all have those same values of treating people right - it probably makes it more doable to have in depth conversations and be on the same wave length. I'm thinking things like boundaries and talking to each other kindly :) So yeah, having shared values is important in my eyes.

# SANE

We're people like you.

Jacques	if values don't align in a relationship being it intimate, friends or acquaintances it can create friction and or struggles in navigating the relationship. i have experienced this in friendships in the past. that is why i steer clear of having friends IRL now.
TideisTurning (PSW)	When the two people in a relationship hold shared or similar values, I feel like it can result in a more innate, shared understanding.
Captain24	This is making me realise how alone I actually am.
Snowie	@Captain24 you are not alone at all. We have your back.
TideisTurning (PSW)	I love the way you've articulated it @Guest123
Amber22 (PSW)	You are not alone at all, you have all of us! @Captain24
Jacques	it can be so tough feeling alone @Captain24 you have a lot of people on sane who care for you.
<b>Amber22 (PSW)</b>	<b>Q5: What might happen if values are dissimilar or not shared?</b>
Jacques	when values are different it can bring friction to a relationship. depending on how much you are willing to turn a blind eye it can make it really toxic and unbearable.

# SANE

We're people like you.

Guest123	Yeah - that's sort of what I'm experiencing with a few people in my life currently. I think it can lead to a breakdown in relating to each other. Like, if when interacting with someone you have different expectations on how to be treated, it can be really upsetting, basically. Not really sure how else to put it.
Guest123	Also I totally agree, Jacques
Snowie	I think it would be a really toxic and unhelpful relationship. It would make you question things in your life. I don't think the relationship would survive or if it did it would be detrimental to everyone.
TideisTurning (PSW)	That makes sense @Guest123. It's tough when you have those breakdowns in understanding
TideisTurning (PSW)	I feel like dissimilar values have the potential to lead to a values conflict.
Blackbird 11	I think of the two donkeys tied together with string. If they go opposite ways there's push and pull. If they go together there's no resistance
Jacques	oh that is a great saying @Blackbird 11
Guest123	I guess its tricky because part of respect can also be tolerance of different view points. I'm not talking tolerating being treated badly - but more having respect for different perspectives on life and different actions. But I suppose that's where distance and boundaries come in, whilst you can respect others' view points, you don't necessarily have to let that person or that view point into your life.

# SANE

We're people like you.

Jacques	yes that is a huge one @Guest123 today there seems to be so much noise from the right and left. trying to outdo each other, we can all have differences we do need to as a society to be more open to different views and points. it can be a very fine line though
Guest123	Totally!
<b>Amber22 (PSW)</b>	<b>Q6: Why might it be important to surround ourselves with people that have shared or similar values to us?</b>
TideisTurning (PSW)	When those around us hold shared or similar values as us, I feel like it can serve as a reinforcement and encouragement of your own values. These are the kinds of people you might be able to call on when experiencing a conflict between your own values, to help you brainstorm a way forward.
Guest123	This chat is certainly making me ponder!
Jacques	oh now Q6 can be very tricky after @Guest123 comments, being around others with shared values can create a tunnel vision views but on the other hand it can create harmony. now im torn as to which one is more important.
Captain24	I don 't think this is the chat for me. It 's making me feel really lonely. Sorry.
Amber22 (PSW)	Aw that's okay, thank you for joining us @Captain24, I hope you have a lovely night!
Jacques	gentle hugs @Captain24

# SANE

We're people like you.

TideisTurning (PSW)	Aww @Captain24. I'm sorry to hear that. Please take care of yourself & thanks for being here!
Blackbird 11	The connection would create a safe space with safe people who can encourage each other in the same direction
Guest123	I agree
Jacques	i find only allowing people into my circle helps me with being at ease and less anxious. i have always been somewhat of a loner so the people i do let in i have high expectations of them, it helps my anxiety and a feeling of safety if i have shared values with them.
Blackbird 11	@Captain24 you are not alone, be gentle with yourself big hugs
Amber22 (PSW)	Q7: What are some ways that you could consciously use your own values more as a guide in everyday life?
Blackbird 11	I've made a vision board with 4 areas of values. It's on my wall, I look at it daily.
Guest123	I have been encouraged to focus on that recently. Discussion helps me. Just like you mentioned, how others can provide insights into your values based on your unique and human actions and history. I ponder a lot - and discussions with someone I trust can help me to assess my values and a way forward.
TideisTurning (PSW)	That sounds really interesting @Blackbird 11. What do you mean '4 areas of values'? Is it like categories that your values fall into?

# SANE

We're people like you.

Jacques	be kind in my interactions, help where i can and leave the world in a better place than when i got there. I'm tired of being angry and hateful i lived that life for so many years and it only brought me pain.
TideisTurning (PSW)	I think for one thing, being aware of what your values are. For me, my values also match my natural tendencies, which helps ensure my actions are rooted in my values. Sometimes, it can be when my actions or instincts are at odds with my core values that I know something is wrong.
Blackbird 11	@TideisTurning (PSW) I named up 4 values that mean something to me. Then had a quote for each value, then three ways I could follow these values
TideisTurning (PSW)	Ohhh. That sounds really cool. Thanks for explaining & sharing with us @Blackbird 11 :)
Blackbird 11	Thanks @TideisTurning (PSW)
Amber22 (PSW)	<b>Q: Have you learned anything helpful from others ' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?</b>
Jacques	i often listen to this song by everlast called what it's like, it's lyrics really show how we all have weaknesses and strengths: I've seen a rich man beg, I've seen a good man sin I've seen a tough man cry, I've seen a loser win And a sad man grin, I heard an honest man lie I've seen the good side of bad and the downside of up And everything between

# SANE

We're people like you.

Snowie	That we all have similar values
Guest123	This is my first Peer Group Chat. I learnt that we all seem to have these shared values of respect, compassion and empathy. That's really cool! :) I mentioned before that I am passionate about community. I am glad to have found a bit of community, here tonight.
Amber22 (PSW)	Glad you have joined us tonight! @Guest123
Jacques	@Guest123 it has been a really good chat tonight, i loved the donkey quote from
Jacques	ah my chat is going from right to left, any idea how to fix it
Amber22 (PSW)	<b>Q: Tonight 's topic may have brought up some heavy feelings as we talked about our values and what we believe in as opposed to what others' beliefs and morals. Would some self-care be helpful for you after we finish? If so, what might you do?</b>
Amber22 (PSW)	Oh hmm, maybe try refreshing Chatwee? @Jacques
Snowie	I'm going to take my meds, get into bed and do some journaling before I fall asleep
Jacques	oh yay fixed, thank you @Amber22 (PSW)
Jacques	um i have been struggling today so I'm going to try to relax and stay awake for as long as i can and see if i can get a little sleep tonight.



# SANE

We're people like you.

Guest123	I'm definitely going to go and prepare dinner,
Blackbird 11	I have a friend who wants to chat so that will be nice
Jacques	thank you for the awesome chat support group, it has been a good distraction for me. good night everyone. hugs
Amber22 (PSW)	<b>Here are some further resources we recommend having a look at:</b>  <b>1 Why Values Matter TED Talk:</b> <a href="https://www.youtube.com/watch?v=_a1Fc6nwpks">https://www.youtube.com/watch?v=_a1Fc6nwpks</a>  <b>2 Values:</b> <a href="https://ethicsunwrapped.utexas.edu/glossary/values#:~:text=Values%20are%20individual%20beliefs%20that,value%20of%20their%20particular%20culture.">https://ethicsunwrapped.utexas.edu/glossary/values#:~:text=Values%20are%20individual%20beliefs%20that,value%20of%20their%20particular%20culture.</a>  <b>3 What are your Values:</b> <a href="https://www.mindtools.com/a5eygum/what-are-your-values">https://www.mindtools.com/a5eygum/what-are-your-values</a>  <b>4 Core Values: Your Inner Compass:</b> <a href="https://www.youtube.com/watch?v=mL4I75rMliQ">https://www.youtube.com/watch?v=mL4I75rMliQ</a>
Jacques	i hope i have not upset or offended anyone tonight, if i have i apologise.
Guest123	That was awesome!
Snowie	thanks for the chat tonight. I hope everyone has a good night

# SANE

We're people like you.

Amber22 (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here. Keep an eye out for the next Peer Group Chat discussion about 'Calling on Confidence'. If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here:</p> <p><a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a></p> <p>You can also ask questions for us to discuss in future peer chats!</p>
Amber22 (PSW)	Thanks for coming everyone :) Have a lovely night!
Blackbird 11	Thanks hugs good night