

Identifying Values

A Case Study: Dom

Dom is 45 years old, and lives in Manchester with his wife and two children.

Dom used to enjoy spending his weekends hiking with his friends, exploring different hill and mountain trails.

Dom would often drive hundreds of miles to explore new trails that he had not yet completed.

However, he is now unable to do this as he experiences persistent pain following a back injury 3 years ago.

He has stopped walking for pleasure. This has left him feeling fed-up and angry at times, that he isn't able to engage in the activity he loved to engage in.



How do we help Dom?

We've identified that an **activity** Dom likes to engage in is **hiking**. Dom can't drive long distances and then hike long trails because it would flare up his pain and he doesn't want this

Can we find an alternative that leaves Dom feeling happy and fulfilled?

Task 1: Help Dom!

1. Work in small groups
2. Can you think of ways he could pace his walking better to make it more achievable?
3. What do you think are the values that underpin Dom's love for hiking new hills and mountains? Write each value in a different row
4. Can you think of an alternative activity which means that he is fulfilling those values? Add it to the next column.

Dom: Example of Values and Alternative Activities

Previous Activity	Value Underpinning Activity	Alternative Activity
Hiking	Fitness – look after physical and mental wellbeing	Whole-body paced exercise Eat healthily Regular mindfulness
	Accomplishment – to achieve something	Set a new challenge (achievable) Learn a new skill
	Beauty – appreciate beauty in the environment	Visit accessible nature reserves Visit art galleries/museums
	Challenge – challenge yourself, grow, learn, improve	Improve pacing Set personal goals Learn a new skill
	Connection (with friends) – be fully present with others	Spend time with friends in another way Accessible group activity
	Curiosity – to explore and discover	Study something new Visit new places – more accessible