What sorts of family/cultural values did you try to practice in the ways you coped with the suffering you write about in your journal assignment?

* Acceptance: to be accepted as I am
* Achievement: to have important accomplishments
* Admiration: to be looked up to and held in high regard
* Adventure: to have new and exciting experiences
* Attractiveness: to be physically attractive
* Authenticity: to be true to who I am
* Authority: to be in charge of and responsible for others
* Autonomy: to determine my own actions
* Beauty: to appreciate beauty around me
* Belonging: to feel like a part of something
* Caring: to take care of others
* Challenge: to take on difficult tasks and problems
* Comfort: to have a pleasant and comfortable life
* Commitment: to devote myself to something and stick with it
* Compassion: to feel and act on concern for others
* Confidence: to feel sure of myself and know I can succeed
* Contribution: to add something to the world
* Cooperation: to work well together with others
* Creativity: to have original ideas and create new things
* Dependability: to be reliable and trustworthy
* Duty: to carry out my duties and obligations
* Ecology: to take care of the environment
* Excitement: to have a life full of thrills and stimulation
* Fame: to be known and recognized
* Family: to have a happy, loving family
* Fitness: to be physically fit and strong
* Forgiveness: to forgive and be forgiven
* Friendship: to have close, supportive friends
* Fun: to play and have fun
* Generosity: to give what I have to others
* God’s will: to seek and obey the will of god
* Growth: to keep changing and growing
* Health: to be physically well and healthy
* Helpfulness: to be helpful to others
* Honesty: to be honest and truthful
* Hope: to keep a positive and optimistic outlook
* Humility: to be modest and humble
* Humor: to see the funny side of life
* Independence: to be free from dependence on others
* Inner Peace: to have personal peace
* Justice: to promote fair and equal treatment for all
* Knowledge: to learn and add to valuable knowledge
* Leisure: to have time and take time to relax
* Love: to give and receive love
* Loyalty: to be loyal and trustworthy
* Moderation: to avoid excesses and find a middle ground
* Nonconformity: to question and challenge authority and norms
* Openness: to be open to new things and experiences
* Order: to have a well- ordered and organized life
* Passion: to feel strongly and live with intensity
* Pleasure: to enjoy feeling good
* Popularity to be well liked by many people
* Power: to control others and enforce my will
* Purpose: to have meaning and direction in my life
* Rationality: to be guided by reason and logic
* Respect: to be treated as a person of worth
* Responsibility: to make and carry out responsible decisions
* Risk: to take risks and chances
* Romance: to have intense, exciting love in my life
* Safety: to be safe and secure
* Self- discipline: to be disciplined in my own actions
* Self- esteem: to feel good about myself
* Self- knowledge: to have a deep, honest understanding of myself
* Self-acceptance: to accept myself as I am
* Selflessness: to think of others before myself
* Sexuality: to have an active and satisfying sex life
* Simplicity: to live simply, with the fewest needs
* Skill: to be skilled and masterful
* Solitude: to have time and space to be apart from others
* Spirituality: to live and grow spiritually
* Stability: to have a life that stays consistent
* Tolerance: to accept and respect those who differ from me
* Tradition: to follow respected patterns of the past
* Virtue: to live a morally pure life
* Wealth: to have plenty of money other value
* Work: to work hard and well at my life tasks

This list of values comes from Zuckoff, A., & Gorscak, B. (2015). *Finding your way to change: How the power of motivational interviewing can reveal what you want and help you get there*. New York, NY: Guilford Press.

What sorts of feelings did your families have about higher education, money and debt?

* *Frustration*
* [*Anger*](http://en.wikipedia.org/wiki/Anger)
* [*Hostility*](http://en.wikipedia.org/wiki/Hostility)
* [*Resentment*](http://en.wikipedia.org/wiki/Resentment)
* *Envy*
* *Suffering*
* *Sadness*
* [*Depression*](http://en.wikipedia.org/wiki/Depression_(mood))
* [*Despair*](http://en.wikipedia.org/wiki/Despair_(emotion))
* [*Grief*](http://en.wikipedia.org/wiki/Grief)
* *Disappointment*
* *Shame*
* *Guilt*
* *Regret*
* *Remorse*
* [*Embarrassment*](http://en.wikipedia.org/wiki/Embarrassment)
* [*Humiliation*](http://en.wikipedia.org/wiki/Humiliation)
* [*Insecurity*](http://en.wikipedia.org/wiki/Emotional_insecurity)
* [*Isolation*](http://en.wikipedia.org/wiki/Isolation_(psychology))
* [*Loneliness*](http://en.wikipedia.org/wiki/Loneliness)
* *Fear*
* [*Panic*](http://en.wikipedia.org/wiki/Panic)
* [*Anxiety*](http://en.wiktionary.org/wiki/anxiety)
* [*Worry*](http://en.wikipedia.org/wiki/Worry)
* [*Distress*](http://en.wiktionary.org/wiki/distress)
* [*Dread*](http://en.wiktionary.org/wiki/dread)
* [*Caring*](http://en.wiktionary.org/wiki/caring)
* [*Compassion*](http://en.wikipedia.org/wiki/Compassion)
* [*Gladness*](http://en.wiktionary.org/wiki/gladness)
* [*Happiness*](http://en.wikipedia.org/wiki/Happiness)
* *[Satisfaction](http://en.wikipedia.org/wiki/Contentment" \o "Contentment)*
* [*Enthusiasm*](http://en.wikipedia.org/wiki/Enthusiasm)
* *Pride*
* *Optimism*
* *Hope*
* *Relief*