

Values Checklist to find out what your clients REALLY want

1. Ask for permission to ask these questions with their conscious and unconscious mind
2. What is important to you in the context or birth?
3. Ask this 7 times (we will only be using 5 but we want to push past two blank spots where the client is like “but I don’t have anything else to sayyy! Push 2 more times!) This is where all the yummy things come out that they didn’t realise was there.
4. Now we begin the formal values process. We want to know what the client thought they wanted vs what they really want.
5. Go through their values as they listed them to you initially and test to make sure its actually a value.

*Is _____ important to you in the context of birth?
Let the conversation unfold.*

Continue asking this for each value.

If they answer no, cross it off of their values list.

6. Once you have confirmation on if those values are important to them or not, let’s test the boundary conditions of their values. This just means that if one of their values stopped, or went away that it would cause them to make a different decision. For example, of someone values safety, and they no longer felt safe, would having that be removed prompt them to change care, or free birth, or seek other professional help?

This is us ordering their values now based on their boundary conditions. Remember the first value is heavily related to how they identify with their birth experience, meaning it will cause the the most trauma if it were to go away or change.

Ask the client, ‘Can you remember a specific time when you were totally motivated in the context of birth? Go back to the moment now and remember all the feels, hear all the things of being totally motivated by birth. Now, go back in time or rewind the movie in your head to justttt prior to feeling totally motivated. What was the feeling present prior to being totally motivated?’

THIS IS THE CLIENTS ACTUAL VALUE.

7. Now test.

Ask the client, “*Is (insert feeling prior to being motivated) important to you in the context of birth?*”

8. If the client says yes, replace this with the value you initially asked them to go back in time to feel the feeling just prior to being motivated.
9. Continue this process until you go through all of their original values and you have formed a new list.
10. Test and ask client if these feel in alignment with the birth experience they want to create from 1-5 (or 7 if none got deleted!) If they do not, then you’ll need to re-align values or use the parts integration.