

When Values Collide

Feeling pulled in two directions doesn't mean you're doing values wrong. It usually means more than one thing matters to you.

Three places clashes happen

Inside you

Two of your own values want the same hours.

Rest vs. **Contribution**: saying yes to a favor on a drained day

Between people

Your value bumps into someone else's.

Your **Honesty** vs. a relative's **Harmony**: speaking up at a family dinner

With a system

A place expects you to act against a value.

Your **Authenticity** vs. a workplace that rewards masking



Values rarely cancel each other out. Most of the time they are **competing for the same time and energy**. The question shifts from "which value is right?" to "how do I share what I have today?"

Five ways through

Pick the one that fits. There's no right order.

Take turns
One leads this week or season, the other next.

Find the overlap
Look for one action that honors both.

Choose who leads today
Today's choice isn't a forever ranking.

Shrink one for now
Keep it alive with a tiny version.

Name the cost
Say what you're giving up, and choose it on purpose.

For neurodivergent minds: strong values and a sharp sense of fairness can make a clash feel all-or-nothing, as if choosing one value betrays the other. Both can be true at once. Honoring a value partly, for now, still counts.

Draws on ACT values work: values as chosen directions that compete for time and energy, rather than rules that rule each other out.

Untangle a Clash

Pick one clash you're living with right now. Small and specific works best.

A clash inside me

VALUE A

What it's asking of me

vs.

VALUE B

What it's asking of me

Which way through fits? Check one or two.

- ☐ Take turns
- ☐ Find the overlap
- ☐ Choose who leads today
- ☐ Shrink one for now
- ☐ Name the cost

What I'll do this week

What I'm choosing not to do, on purpose

A clash with someone else

THEIR VALUE I CAN RESPECT

MY VALUE I WON'T DROP

WHERE WE MIGHT OVERLAP

A clash with a system I can't change right now

Where can I protect my value a little, even inside it? Who outside it helps me live that value?