

A Session for Values in Action

Identity values and self compassion | Clinicians | 50 minutes

Guide a 50 minute session from a personally meaningful direction to a feasible action.

Intended outcome: the client names a chosen value, identifies a small expression of it, and plans for one barrier with a fair response to setbacks. Values exploration is optional; the client may prefer a practical problem or another focus.

Minutes 0 to 15

0 to 5: Check wellbeing and safety, then agree on the focus and permission to pause. 5 to 15: Use VAL01 to choose a life area and value in the client's own language. Ask how cultural, family, or community meanings influence the choice without assuming those influences are unwanted.

Minutes 15 to 40

15 to 25: Translate the value into a small observable action and explore real constraints. 25 to 35: Use VAL06 if priorities compete, or VAL04 if a boundary is needed. 35 to 40: Rehearse the first action or request. Make the step smaller or add support if it is not feasible.

Minutes 40 to 50

40 to 45: Use one prompt from VAL03 to prepare a fair response if the plan does not happen. 45 to 50: Ask the client to state their action, timing, and review plan. Check whether the work felt useful and aligned with their priorities. Agree on what to revisit next time.

Chosen value, action, barrier support, and review plan

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