Values across Life Areas - Concept brief

Understand the idea behind values across life areas and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery wants more room for friendship and rest.

The idea

Values can be explored across life areas without assuming one ideal life path.

An ordinary example

Avery wants more room for friendship and rest.

What this can look like

Map personally relevant areas such as relationships, community, work, rest, creativity, or spirituality.

Check the fit

Which area needs attention according to your priorities? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A value can guide ongoing action even when a goal is delayed or a barrier requires external support.

Reflection

Which area needs attention according to your priorities?

Scope and adaptation

Values are personally chosen directions, not moral rankings or evidence of worth. Recognize structural barriers, disability access, and culturally varied meanings. Do not turn willingness into exposure to danger, excuse coercion, or prescribe one life path. These original exercises do not constitute a complete ACT protocol.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Valuing as a Choice. Full source links and scope: library.morethantherapy.org/recovery/resources/VAL-A03-1