Inherited and Chosen Directions - Review journal

Review an attempt at inherited and chosen directions and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Avery values family connection but questions an expectation of constant availability.

Use an ordinary or fictional example, with a clinician when appropriate. A person can respect influences while examining which directions they freely endorse.

Practice task

Separate messages received from family or culture from qualities you currently choose, allowing overlap and uncertainty.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What do you want to carry forward, adapt, or decline? My optional adjustment or support request:

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-A04-5