Values and Self-Compassion - Concept brief

Understand the idea behind values and self-compassion and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery misses a planned call and notices a global self-judgment.

The idea

A valued direction can be pursued without turning setbacks into character judgments.

An ordinary example

Avery misses a planned call and notices a global self-judgment.

What this can look like

Rewrite a self-criticism as an accurate description of difficulty and a kind next-step invitation.

Check the fit

What response preserves both care and accountability? 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

What response preserves both care and accountability?

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-A11-1