Community and Ubuntu Values - Concept brief

Understand the idea behind community and ubuntu values and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery's group shares practical support rather than expecting everyone to cope alone.

The idea

Values can include interdependence, mutual care, and receiving support.

An ordinary example

Avery's group shares practical support rather than expecting everyone to cope alone.

What this can look like

Map one way you contribute, one way others support you, and one consent-based community action.

Check the fit

How does your valued direction make room for receiving? 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

How does your valued direction make room for receiving?

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-A12-1