# Values in Recovery Choices - Practice worksheet

Link a recovery aim to a value, a practical support, and an optional next action without imposing one recovery pathway.

Adults; supported use as appropriate | 15 minutes

Fictional example: Avery wants more dependable time with a child.

Use an ordinary or fictional example, with a clinician when appropriate. Recovery decisions can be connected to personally chosen qualities.

## Practice task

Link a recovery aim to a value, a practical support, and an optional next action without imposing one recovery pathway.

### 1. My chosen or fictional situation, and what I know about it:

### 2. My response to the practice task above:

### 3. What support helps translate this value into a realistic choice?

### 4. An optional next step, support, adaptation, or reason to stop:

## 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-A13-2