Values after Loss or Change - Concept brief

Understand the idea behind values after loss or change and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery can no longer volunteer in the same role but still values community.

The idea

A changed role may alter how a value is expressed without erasing it.

An ordinary example

Avery can no longer volunteer in the same role but still values community.

What this can look like

Identify a value affected by a transition and brainstorm new accessible expressions of it.

Check the fit

What expression fits your current life? 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 expression fits your current life?

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-A17-1