Reviewing a Values Experiment - Concept brief

Understand the idea behind reviewing a values experiment and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery's planned check-in happened differently than expected.

The idea

Review asks about fit and direction rather than perfect consistency.

An ordinary example

Avery's planned check-in happened differently than expected.

What this can look like

Describe an attempted action, what mattered, what got in the way, and a chosen revision.

Check the fit

What is worth keeping, changing, or leaving aside? 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 is worth keeping, changing, or leaving aside?

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-A20-1