My Chosen Values Words - Practice worksheet

Choose, rewrite, or reject several value words and explain what the chosen ones mean in everyday behavior.

Adults; supported use as appropriate | 15 minutes

Fictional example: Avery replaces the word success with dependable participation.

Use an ordinary or fictional example, with a clinician when appropriate. Values language should be personally meaningful rather than imposed.

Practice task

Choose, rewrite, or reject several value words and explain what the chosen ones mean in everyday behavior.

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

2. My response to the practice task above:

3. Which words feel like yours?

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-A02-2