Inherited and Chosen Directions - Concept brief

Understand the idea behind inherited and chosen directions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery values family connection but questions an expectation of constant availability.

The idea

A person can respect influences while examining which directions they freely endorse.

An ordinary example

Avery values family connection but questions an expectation of constant availability.

What this can look like

Separate messages received from family or culture from qualities you currently choose, allowing overlap and uncertainty.

Check the fit

What do you want to carry forward, adapt, or decline? 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 do you want to carry forward, adapt, or decline?

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-A04-1