A Tiny Values Action - Clinician dialogue

Guide a collaborative conversation about a tiny values action while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: Avery expresses care by sending one check-in message.

Invite and obtain permission

Offer: "Would it be useful to explore a tiny values action using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: A value becomes more concrete through an observable, feasible action. Ask what fits and what does not.

Guide the task

Choose one quality and design a five-minute action that expresses it within current constraints. Ask for permission before giving an example. Use this fictional illustration if useful: Avery expresses care by sending one check-in message.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What action is small enough to fit today? Avoid assigning motives or interpreting silence as agreement.

Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

Reflection

What would tell me to adapt, stop, or seek supervision?

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-A05-3