Values under Constraint - Concept brief

Understand the idea behind values under constraint and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery values health but faces transport and cost barriers.

The idea

Limited choice does not mean a lack of values or effort.

An ordinary example

Avery values health but faces transport and cost barriers.

What this can look like

Map a valued direction, structural barriers, available choices, and support or advocacy needs.

Check the fit

Which obstacle requires resources rather than more motivation? 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

Which obstacle requires resources rather than more motivation?

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-A06-1