Values under Constraint - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Limited choice does not mean a lack of values or effort.

Practice task

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

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

2. My response to the practice task above:

3. Which obstacle requires resources rather than more motivation?

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-A06-2