Willingness in Small Doses - Concept brief

Understand the idea behind willingness in small doses and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery is nervous about asking a routine question.

The idea

Values-based action can include manageable discomfort without requiring exposure to danger.

An ordinary example

Avery is nervous about asking a routine question.

What this can look like

Identify a low-stakes action, likely feelings, and the support or limit needed to attempt it.

Check the fit

What discomfort is optional to make room for, and what signals a need to stop? 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 discomfort is optional to make room for, and what signals a need 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-A10-1