Values and Self-Compassion - Practice worksheet

Rewrite a self-criticism as an accurate description of difficulty and a kind next-step invitation.

Adults; supported use as appropriate | 15 minutes

Fictional example: Avery misses a planned call and notices a global self-judgment.

Use an ordinary or fictional example, with a clinician when appropriate. A valued direction can be pursued without turning setbacks into character judgments.

Practice task

Rewrite a self-criticism as an accurate description of difficulty and a kind next-step invitation.

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

2. My response to the practice task above:

3. What response preserves both care and accountability?

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-A11-2