Values and Self-Compassion - Review journal

Review an attempt at values and self-compassion and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What response preserves both care and accountability? My optional adjustment or support request:

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-A11-5