Community and Ubuntu Values - Practice worksheet

Map one way you contribute, one way others support you, and one consent-based community action.

Adults; supported use as appropriate | 15 minutes

Fictional example: Avery's group shares practical support rather than expecting everyone to cope alone.

Use an ordinary or fictional example, with a clinician when appropriate. Values can include interdependence, mutual care, and receiving support.

Practice task

Map one way you contribute, one way others support you, and one consent-based community action.

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

2. My response to the practice task above:

3. How does your valued direction make room for receiving?

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-A12-2