Faith and Values by Choice - Concept brief

Understand the idea behind faith and values by choice and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery values spiritual practice but does not want it used as a demand for forgiveness.

The idea

Spiritual or secular meaning can be explored without pressure to adopt a belief.

An ordinary example

Avery values spiritual practice but does not want it used as a demand for forgiveness.

What this can look like

Identify a personally chosen source of meaning and a behavior that expresses it while respecting others' autonomy.

Check the fit

What meaning is freely chosen here? 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 meaning is freely chosen here?

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-A14-1