Faith and Values by Choice - Review journal

Review an attempt at faith and values by choice and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Spiritual or secular meaning can be explored without pressure to adopt a belief.

Practice task

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

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 meaning is freely chosen here? 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-A14-5