Trying On a Direction - Concept brief

Understand the idea behind trying on a direction and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery experiments with creative play without deciding to become an artist.

The idea

A tentative value can be explored through a reversible action.

An ordinary example

Avery experiments with creative play without deciding to become an artist.

What this can look like

Choose a possible quality, test a small action, and review whether it feels meaningful rather than deciding in advance.

Check the fit

What did the experiment teach you about the direction? 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 did the experiment teach you about the direction?

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-A18-1