My Chosen Values Words - Concept brief

Understand the idea behind my chosen values words and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery replaces the word success with dependable participation.

The idea

Values language should be personally meaningful rather than imposed.

An ordinary example

Avery replaces the word success with dependable participation.

What this can look like

Choose, rewrite, or reject several value words and explain what the chosen ones mean in everyday behavior.

Check the fit

Which words feel like yours? 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

Which words feel like yours?

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-A02-1