My Chosen Values Words - Review journal

Review an attempt at my chosen values words and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Values language should be personally meaningful rather than imposed.

Practice task

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

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. Which words feel like yours? 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-A02-5