Values across Life Areas - Practice worksheet

Map personally relevant areas such as relationships, community, work, rest, creativity, or spirituality.

Adults; supported use as appropriate | 15 minutes

Fictional example: Avery wants more room for friendship and rest.

Use an ordinary or fictional example, with a clinician when appropriate. Values can be explored across life areas without assuming one ideal life path.

Practice task

Map personally relevant areas such as relationships, community, work, rest, creativity, or spirituality.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which area needs attention according to your priorities?

4. An optional next step, support, adaptation, or reason to stop:

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-A03-2