Values across Life Areas - Review journal

Review an attempt at values across life areas and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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 area needs attention according to your priorities? 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-A03-5