Inherited and Chosen Directions - Practice worksheet

Separate messages received from family or culture from qualities you currently choose, allowing overlap and uncertainty.

Adults; supported use as appropriate | 15 minutes

Fictional example: Avery values family connection but questions an expectation of constant availability.

Use an ordinary or fictional example, with a clinician when appropriate. A person can respect influences while examining which directions they freely endorse.

Practice task

Separate messages received from family or culture from qualities you currently choose, allowing overlap and uncertainty.

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

2. My response to the practice task above:

3. What do you want to carry forward, adapt, or decline?

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-A04-2