Inherited and Chosen Directions - Clinician dialogue

Guide a collaborative conversation about inherited and chosen directions while checking fit and participant choice.

Mental health professionals | 15 minutes

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

Invite and obtain permission

Offer: "Would it be useful to explore inherited and chosen directions using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: A person can respect influences while examining which directions they freely endorse. Ask what fits and what does not.

Guide the task

Separate messages received from family or culture from qualities you currently choose, allowing overlap and uncertainty. Ask for permission before giving an example. Use this fictional illustration if useful: Avery values family connection but questions an expectation of constant availability.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What do you want to carry forward, adapt, or decline? Avoid assigning motives or interpreting silence as agreement.

Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

Reflection

What would tell me to adapt, stop, or seek supervision?

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-A04-3