A Tiny Values Action - Concept brief

Understand the idea behind a tiny values action and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery expresses care by sending one check-in message.

The idea

A value becomes more concrete through an observable, feasible action.

An ordinary example

Avery expresses care by sending one check-in message.

What this can look like

Choose one quality and design a five-minute action that expresses it within current constraints.

Check the fit

What action is small enough to fit today? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A value can guide ongoing action even when a goal is delayed or a barrier requires external support.

Reflection

What action is small enough to fit today?

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-A05-1