Values under Constraint - Review journal

Review an attempt at values under constraint and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Avery values health but faces transport and cost barriers.

Use an ordinary or fictional example, with a clinician when appropriate. Limited choice does not mean a lack of values or effort.

Practice task

Map a valued direction, structural barriers, available choices, and support or advocacy needs.

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 obstacle requires resources rather than more motivation? 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-A06-5