# When Values Pull Differently - Concept brief

Understand the idea behind when values pull differently and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery wants connection and privacy during a busy week.

## The idea

Two valued directions can create a real tradeoff without making either wrong.

## An ordinary example

Avery wants connection and privacy during a busy week.

## What this can look like

Describe a conflict between two values and design a temporary balance to review later.

## Check the fit

What tradeoff feels workable for this situation? 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 tradeoff feels workable for this situation?

## 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-A07-1