When Values Pull Differently - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Two valued directions can create a real tradeoff without making either wrong.

Practice task

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

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

2. My response to the practice task above:

3. What tradeoff feels workable for this situation?

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-A07-2