When Values Pull Differently - Review journal

Review an attempt at when values pull differently and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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. What tradeoff feels workable for this situation? 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-A07-5