Values and Boundaries - Concept brief

Understand the idea behind values and boundaries and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery limits extra work to preserve reliable participation at home.

The idea

A boundary can support a valued relationship or role.

An ordinary example

Avery limits extra work to preserve reliable participation at home.

What this can look like

Link one limit to a chosen quality and draft a respectful statement with a realistic consequence or alternative.

Check the fit

What valued direction does this boundary serve? 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 valued direction does this boundary serve?

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-A08-1