Values and Boundaries - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A boundary can support a valued relationship or role.

Practice task

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

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

2. My response to the practice task above:

3. What valued direction does this boundary serve?

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-A08-2