Values and Boundaries - Review journal

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

Adults; supported use as appropriate | 10 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. 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 valued direction does this boundary serve? 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-A08-5