A Choice Point Map - Concept brief

Understand the idea behind a choice point map and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery notices avoidance of an ordinary conversation and considers a brief honest message.

The idea

A choice can be examined for its likely direction without moral scoring.

An ordinary example

Avery notices avoidance of an ordinary conversation and considers a brief honest message.

What this can look like

Map a difficult situation, familiar responses, and a small action that moves toward a chosen quality.

Check the fit

Which action moves in the direction you choose? 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

Which action moves in the direction you choose?

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-A09-1