A Choice Point Map - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A choice can be examined for its likely direction without moral scoring.

Practice task

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

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

2. My response to the practice task above:

3. Which action moves in the direction you choose?

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-A09-2