A Choice Point Map - Review journal

Review an attempt at a choice point map and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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. Which action moves in the direction you choose? 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-A09-5