Willingness in Small Doses - Review journal

Review an attempt at willingness in small doses and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Avery is nervous about asking a routine question.

Use an ordinary or fictional example, with a clinician when appropriate. Values-based action can include manageable discomfort without requiring exposure to danger.

Practice task

Identify a low-stakes action, likely feelings, and the support or limit needed to attempt it.

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 discomfort is optional to make room for, and what signals a need to stop? 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-A10-5