Community and Ubuntu Values - Review journal

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

Adults; supported use as appropriate | 10 minutes

Fictional example: Avery's group shares practical support rather than expecting everyone to cope alone.

Use an ordinary or fictional example, with a clinician when appropriate. Values can include interdependence, mutual care, and receiving support.

Practice task

Map one way you contribute, one way others support you, and one consent-based community action.

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. How does your valued direction make room for receiving? 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-A12-5