Values in Recovery Choices - Concept brief

Understand the idea behind values in recovery choices and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery wants more dependable time with a child.

The idea

Recovery decisions can be connected to personally chosen qualities.

An ordinary example

Avery wants more dependable time with a child.

What this can look like

Link a recovery aim to a value, a practical support, and an optional next action without imposing one recovery pathway.

Check the fit

What support helps translate this value into a realistic choice? 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

What support helps translate this value into a realistic choice?

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-A13-1