Values in Recovery Choices - Review journal

Review an attempt at values in recovery choices and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Recovery decisions can be connected to personally chosen qualities.

Practice task

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

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 support helps translate this value into a realistic choice? 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-A13-5