Values in Work and Rest - Clinician dialogue

Guide a collaborative conversation about values in work and rest while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: Avery values dependability and needs time away from work to sustain it.

Invite and obtain permission

Offer: "Would it be useful to explore values in work and rest using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: Rest can be considered alongside contribution without requiring productivity to justify it. Ask what fits and what does not.

Guide the task

Describe desired qualities in work and rest, then identify one adjustment to current demands. Ask for permission before giving an example. Use this fictional illustration if useful: Avery values dependability and needs time away from work to sustain it.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What balance respects capacity rather than an idealized schedule? Avoid assigning motives or interpreting silence as agreement.

Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

Reflection

What would tell me to adapt, stop, or seek supervision?

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-A15-3