Values in Work and Rest - Review journal

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

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Rest can be considered alongside contribution without requiring productivity to justify it.

Practice task

Describe desired qualities in work and rest, then identify one adjustment to current demands.

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 balance respects capacity rather than an idealized schedule? 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-A15-5