Values in Relationships - Concept brief

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

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery wants honesty and cannot require the other person to respond warmly.

The idea

A person can choose how to participate without controlling another person's values.

An ordinary example

Avery wants honesty and cannot require the other person to respond warmly.

What this can look like

Describe the quality you want to bring to one relationship and a boundary that protects agency.

Check the fit

What part of the relationship is yours to choose? 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 part of the relationship is yours to choose?

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-A16-1