Values in Relationships - Review journal

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

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A person can choose how to participate without controlling another person's values.

Practice task

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

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 part of the relationship is yours to choose? 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-A16-5