Values after Loss or Change - Practice worksheet

Identify a value affected by a transition and brainstorm new accessible expressions of it.

Adults; supported use as appropriate | 15 minutes

Fictional example: Avery can no longer volunteer in the same role but still values community.

Use an ordinary or fictional example, with a clinician when appropriate. A changed role may alter how a value is expressed without erasing it.

Practice task

Identify a value affected by a transition and brainstorm new accessible expressions of it.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What expression fits your current life?

4. An optional next step, support, adaptation, or reason to stop:

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-A17-2