Values after Loss or Change - Review journal

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

Adults; supported use as appropriate | 10 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. 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 expression fits your current life? 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-A17-5