Trying On a Direction - Practice worksheet

Choose a possible quality, test a small action, and review whether it feels meaningful rather than deciding in advance.

Adults; supported use as appropriate | 15 minutes

Fictional example: Avery experiments with creative play without deciding to become an artist.

Use an ordinary or fictional example, with a clinician when appropriate. A tentative value can be explored through a reversible action.

Practice task

Choose a possible quality, test a small action, and review whether it feels meaningful rather than deciding in advance.

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

2. My response to the practice task above:

3. What did the experiment teach you about the direction?

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-A18-2