Trying On a Direction - Review journal

Review an attempt at trying on a direction and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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 did the experiment teach you about the direction? 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-A18-5