# Values Conversation Cards - Concept brief

Understand the idea behind values conversation cards and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A group discusses different meanings of responsibility in an ordinary scheduling dilemma.

## The idea

A group can explore differences without ranking people's values.

## An ordinary example

A group discusses different meanings of responsibility in an ordinary scheduling dilemma.

## What this can look like

Use fictional situations to compare possible valued directions and invite participants to pass or redefine the terms.

## Check the fit

How can different answers expand understanding rather than create a contest? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

A value can guide ongoing action even when a goal is delayed or a barrier requires external support.

## Reflection

How can different answers expand understanding rather than create a contest?

## 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-A19-1