Values Conversation Cards - Review journal

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

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A group can explore differences without ranking people's values.

Practice task

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

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. How can different answers expand understanding rather than create a contest? 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-A19-5