Reviewing a Values Experiment - Review journal

Review an attempt at reviewing a values experiment and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Avery's planned check-in happened differently than expected.

Use an ordinary or fictional example, with a clinician when appropriate. Review asks about fit and direction rather than perfect consistency.

Practice task

Describe an attempted action, what mattered, what got in the way, and a chosen revision.

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 is worth keeping, changing, or leaving aside? 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-A20-5