

ACT: Values Clarification

Identifying the qualities you want to bring to relationships, work, health, recovery, and daily life.

Values are directions

Values describe how you want to behave over time: caring, honest, courageous, curious, dependable, present, disciplined, compassionate, or connected. They are different from goals, outcomes, and other people's approval.

Areas to explore

- Relationships and family.
- Work, service, or contribution.
- Health and self-care.
- Learning and growth.
- Community, spirituality, or meaning.
- Recovery and integrity.
- Play, creativity, and rest.

Turn values into behavior

Ask: "If this value were visible on a camera, what would I be doing?" Then choose a small action that can be completed this week.

Try this reflection

Pick three values you want to be known for. What behavior would demonstrate each one?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.