A PAUSE, A PRACTICE, A NEXT STEP

Values Exercise

Choose a direction that matters to you.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Choose a life area

Think about friendship, family, health, learning, creativity, work, or community. Pick one area for today.

01 / Notice and reflect

What matters even when nobody notices?

02 / Notice and reflect

What is one small action I can choose freely?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask a therapist for support if values exercises bring up shame or pressure. Choosing your values never requires staying in an unsafe situation.

Read more: VA MIRECC · ACT strategies and values

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.