

Values Clarification Worksheet

Use in session to separate values from goals, name the barrier, and choose one reviewable action.

1. Choose one domain

Life domain for today: relationship, parenting, work, health, learning, community, care, or another domain

What has avoidance, fusion, shame, fear, grief, pain, or an old rule narrowed in this domain?

What quality does the client want behavior to carry here?

What word sounds correct but still feels too abstract?

Therapist note

What tells you the client is choosing, not complying?

Values Versus Goals

Keep the value directional and the action concrete.

2. Distinguish the value from the outcome

Outcome, goal, mood state, or identity label the client names Value direction underneath it

Thought, feeling, urge, or sensation that may come along

Behavior that could still serve the value

If the desired outcome does not happen, what quality can the client still practice?

What would make this values language become shame or pressure?

Clinical pacing check

Pause, simplify, or stabilize first if the client is outside their workable range.

Committed Action and Review

Pair the chosen direction with one small behavior before the next session.

3. Plan one reviewable action

One small action before next session

When and where will it happen?

What private experience may show up?

What support, reminder, or scale keeps the action small enough to try?

4. Review next session

Did the action move toward the chosen direction, away from it, or into a useful question?

What did the client learn about avoidance, fusion, shame, capacity, or willingness?

Next ACT move: defusion, acceptance, present-moment contact, self-as-context, values, or committed action