

ACT Values exploration

Values Exploration Exercise

The purpose of this tool is to explore what is meaningful or essential to you across ten life domains often considered to comprise personality. Considering the best of all worlds, without the barriers that you are exposed to at present, describe how you would wish for your life to appear in each domain. The goal is to build towards a valued direction for each domain that can be strived towards in all life's circumstances.

Intimate Relationships: Intimate relationships can look at your present or ideal romantic partnership. If there is not an intimate romantic relationship in your life at present, then consider what you would hope for a relationship like this to look like in the future. Describe in a few words or sentences what qualities this type of relationship would hold in your ideal world? What would a relationship of this type give to you that you might value?

Parenting: This domain looks at your relationship with your own children or other children with whom you have contact. This can look like the children of siblings, of friends, or your own potential future children. Describe how you would like to engage with children in your life and what qualities you would hope to bring to those relationships. What would engaging with children in this way mean to you or about you?

Family relationships: Consider the relationships that you have with other members of your family such as siblings, parents, etc. What would you like these relationships to be like ideally? What qualities would you bring to your interactions with these people? Describe what it would mean to you to have these relationships exist in this way?

Social relationships: When considering this domain keep in mind your friendship circle or those individuals who you are in contact with regularly throughout your life (peers, coworkers, grocery tellers, etc.). Describe what your ideal social circle would look like. What qualities would you hope for these interactions to have if they were exactly as you want them to be? What would a social network provide for you?

Work: Many people derive meaning in their lives through their employment and/or volunteer opportunities. When considering these opportunities bring to mind what important qualities your ideal job would hold that would indicate it was the perfect role for you? What impact does meaningful work or volunteerism have on your sense of self? What does it provide for you?

Leisure: The way you spend your leisure time can hold a profound effect on quality of life. What interests or hobbies do you have that bring you a sense of peace or comfort? What interests and hobbies would you like to cultivate or explore? Describe what qualities this part of your life would have if it looked exactly as you would hope?

Community: Contributing to community in a positive way often builds a sense of importance or meaning for some people. Consider social activism, volunteerism and advocacy. What does being involved in community mean to you? How would you like to be able to contribute to your communities of involvement? What would it mean to you to be involved in these ways?

Personal growth: Personal growth refers to both internal growth in worldview and mindset and external growth through knowledge acquisition. When considering the personal growth that you would like to see for yourself right now, what would you like that growth to look like? What would be different about you if you experienced growth in these ways? How would you know?

Health: When considering your physical and mental health, how much of a priority is your health right now? What ways do you take care of your health currently? How would you like to care for yourself moving forward? If you were showing up for yourself in these ways, what would this care bring to you that you might value?

Spirituality: Spirituality can refer to organized religion; however, it also encompasses a sense of wholeness and/or connection to something “bigger” outside of oneself. What is your definition of spirituality? What role does it play in your life? If you were connected to spirituality in a way that was meaningful for you what would this bring you that you would value?

[Link to WHO video discussing depression](#)

 I had a black dog, his name was depression

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Guided Self-compassion exercises:
<https://self-compassion.org/self-compassion-practices/>