

## Values and their importance in ACT

Values play a crucial role in **Acceptance and Commitment Therapy (ACT)**. ACT emphasizes acceptance rather than resistance, and the “commitment” part of the name comes from taking committed actions in service of our values .

In ACT, values are defined as the things that are most important to us, which we choose rather than something that’s imposed upon us . They tend to be relatively stable over time, although the relative importance of each value may vary . Values serve as directions that point us towards the life, we want to live . They represent the things that we choose, rather than something that’s imposed upon us .

Values work is a foundational component of ACT. It involves identifying our values and then taking committed actions in service of living our value-based life Values serve as a solid foundation for evaluating decisions about our actions, and they make better guides than the shoulds weighing us down or whatever the inner critic might happen to be nattering on about When we move towards our values, we move in the direction of the life we want to live .

Here are some examples of values that people might hold:

- Acceptance: to be open to and accepting of myself, others, and life.
- Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences.
- Assertiveness: to respectfully stand up for my rights and request what I want.
- Authenticity: to be authentic; to be true to myself in my thoughts, feelings, and actions.
- Autonomy: to be self-directed; to choose my own path in life and make my own decisions.
- Caring: to be caring; to show kindness and compassion towards myself and others.
- Challenge: to challenge myself; to set goals that are difficult but achievable.
- Compassion: to be compassionate; to show empathy and understanding towards myself and others.
- Connection: to connect with others; to have close relationships with people who matter to me.
- Creativity: to be creative; to express myself in ways that are unique and meaningful.
- Curiosity: to be curious; to explore the world around me with an open mind.
- Empathy: to be empathetic; to understand the feelings and perspectives of others.
- Fairness: to be fair; to treat myself and others justly and equitably.
- Forgiveness: to forgive myself and others; to let go of anger, resentment, and blame.
- Gratitude: to be grateful; to appreciate the good things in my life and express thanks for them.
- Honesty: to be honest; to tell the truth and act with integrity.
- Humility: to be humble; to recognize my limitations and imperfections.
- Humor: to have a sense of humor; to find joy and laughter in life’s ups and downs.
- Inclusivity: To include everyone regardless of their background or beliefs

- Inner peace: To find inner peace within oneself
- Justice: To fight for justice for oneself or others
- Kindness: To show kindness towards oneself or others
- Learning: To learn new things
- Love: To love oneself or others
- Mindfulness: To practice mindfulness
- Open-mindedness: To have an open mind towards new ideas or perspectives
- Patience: To practice patience
- Perseverance: To persevere through difficult times
- Playfulness: To have fun and enjoy life
- Purposefulness: To live a purposeful life
- Resilience: To bounce back from adversity
- Responsibility: To take responsibility for one's actions
- Self-care: To take care of oneself physically, emotionally, mentally, spiritually
- Self-improvement: To improve oneself in various aspects of life
- Spirituality: To connect with one's spiritual side

