



ACT · values

VALUES IN ACTION

In ACT, a value is not a feeling you wait for or a goal you finish. It's a way you want to act, on purpose, again and again. Values are verbs. You don't arrive at "being kind," you keep choosing it. Here are values you can act on in a relationship, each written as something you do.



VALUES YOU CAN ACT ON

Connecting. turning toward each other, not away

Showing up. being there when it's inconvenient

Being generous. giving without keeping score

Being reliable. doing what you said you would

Listening. hearing them out before you fix or defend

Being curious. asking instead of assuming

Being respectful. treating them as an equal, even mid-fight

Appreciating. noticing the good and naming it

Being fair. sharing the load, not keeping a tally

Being honest. saying the harder true thing, kindly

Being patient. leaving room before you react

Being playful. bringing lightness, not just problem-solving

Being affectionate. small touch, warmth, closeness

Forgiving. loosening your grip on a hurt, for your own sake

Being supportive. having their back in the hard moments

Being brave. saying the vulnerable thing out loud

Being present. phone down, attention on them

Being gentle. softening when it would be easy to sharpen



PICK THREE, AND ACT

Choose the three you most want to lead with right now, from the list or your own. Then, for each, one small action you can take this week. Keep each action small and specific, the kind of thing you'll actually do.

Value 1

e.g. showing up

One small action toward it this week

e.g. drive them to their appointment without being asked

Value 2

e.g. appreciating

One small action toward it this week

e.g. tell them one thing I noticed and liked today

Value 3

e.g. being present

One small action toward it this week

e.g. put my phone in the other room at dinner

Values give you something to steer by when feelings are loud and the relationship is hard.

You'll drift; everyone does. What matters is that you can turn back toward what you care about, one small action at a time. Adapted from the principles of Acceptance and Commitment Therapy (ACT), developed by Steven C. Hayes, and Russ Harris's *ACT with Love*. My Mental Climb is not affiliated with or endorsed by Steven Hayes, Russ Harris, or the developers of ACT.

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