



ACT WITH LOVE · values

WHO YOU WANT TO BE IN THIS

Your values are the kind of partner you want to be, not a to-do list of what your partner should change. They describe how you want to show up: patient, honest, present. Because they're about your own conduct, they steer you even when your partner isn't changing. This is an ACT worksheet, from Russ Harris's ACT with Love, for naming them.

THE TEN-YEAR ANNIVERSARY

A GUIDED IMAGINING

- Imagine it's ten years from now and your relationship is good. You've gathered your closest people to celebrate. Your partner stands to make a speech about the last ten years.
- Imagine them saying what, deep down, you would most love to hear: about your character, your strengths, and the part you've played in their life. (Not what they'd realistically say, what you'd love to hear.)
- Now imagine they describe a genuinely hard stretch they went through, and how you showed up for them during it. What would you love to hear them say about how you responded?
- What you'd love them to say points straight at your values: the partner you want to be. A value is a direction you keep choosing, not a goal you finish.



THE PARTNER YOU WANT TO BE

Close your eyes and sit with the ten-year scene first: hear the speech you'd most love to hear, and notice which qualities it points to. Then open your eyes and write. Answer for yourself, about your own conduct, not about what your partner owes you.

Personal qualities I want to bring into this relationship

e.g. patient · honest · warm · steady

What I want to stand for as a partner

How I want to respond when my partner is in pain, or messes up

The gap: where I'd like to act like that, but right now I don't

What stops me, and what I fear would happen if I lived by these values

One value I'll act on this week, and the small step

Values are a direction you can turn back toward any day, including the days you drift off course. Getting clear on the partner you want to be gives you something to steer by when your partner is hard to be around, or when you're tired and would rather not. The gap between your values and how you behave is not a verdict on you; treat it as a map showing where your next small step goes. If the gap feels too wide to close on your own, that's what couples therapy is for. Adapted from Russ Harris's *ACT with Love* (values clarification, the ten-year anniversary, the values gap). My Mental Climb is not affiliated with or endorsed by Russ Harris or the developers of ACT.

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