

## ACT VALUES, ATTITUDES, AND BELIEFS UNDERLYING OPENNESS IN ADOPTION



### ACT Participant Resource Notebook

#### Supporting the Permanent Family Practice Tools

- If parents can love more than one child, children can love more than one parent.
- A child should not have to lose one family in order to gain another family.
- A loss of connections to others can be a damaging event, especially for children.
- All relationships involve risks. People are capable of dealing with risks in relationships.
- People can interact with others even if they may not be like them or approve of their behaviors. Do not judge.
- Strong emotions can be tolerated and processed.
- Long-term secrets usually involve shame and are unhealthy ways of dealing with information.
- Differences do not make people inferior. People can learn from others with different abilities, philosophies, values, or beliefs.
- Both environment and genetics contribute to the development of individuals.
- Direct communication is more effective than indirect communication.
- Discomfort often leads to personal growth.
- People are inherently good, although they sometimes behave in unacceptable ways.
- People can change and grow.