Belonging Map - Review journal

Review an attempt at belonging map and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Morgan feels welcome in a hobby group but overlooked at work.

Use an ordinary or fictional example, with a clinician when appropriate. Belonging can be explored in social context without requiring conformity.

Practice task

Map places where you feel included, excluded, or uncertain and identify one change in access or connection.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Where would belonging require an environmental change? My optional adjustment or support request:

Scope and adaptation

Explore patterns as collaborative hypotheses. Do not infer personality from sibling position, treat recollections as recovered facts, blame people for coping, or frame structural inequality as a lack of effort.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Alfred Adler: Theory and Application. Full source links and scope: library.morethantherapy.org/approaches/resources/ADL-A01-5