# Family Constellation Curiosity - Concept brief

Understand the idea behind family constellation curiosity and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan describes being the organizer in a multigenerational household.

## The idea

Family meanings are individual and not determined by birth order.

## An ordinary example

Morgan describes being the organizer in a multigenerational household.

## What this can look like

Map influential relationships and roles using your own words; mark assumptions about sibling position as questions.

## Check the fit

Which role was assigned, chosen, or changed over time? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

Encouragement is not reassurance that everything will work out, and contribution does not determine human worth.

## Reflection

Which role was assigned, chosen, or changed over time?

## 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-A09-1