Belonging Map - Concept brief

Understand the idea behind belonging map and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

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

The idea

Belonging can be explored in social context without requiring conformity.

An ordinary example

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

What this can look like

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

Check the fit

Where would belonging require an environmental change? 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

Where would belonging require an environmental change?

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-A01-1