Encouragement from Effort - Concept brief

Understand the idea behind encouragement from effort and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan attends an interview despite uncertainty and does not receive the job.

The idea

Encouragement can recognize effort and contribution without ranking people.

An ordinary example

Morgan attends an interview despite uncertainty and does not receive the job.

What this can look like

Rewrite a performance judgment into an accurate observation of effort, courage, or cooperation.

Check the fit

What can be acknowledged without inventing success? 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

What can be acknowledged without inventing success?

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-A02-1