Private Logic Detective - Concept brief

Understand the idea behind private logic detective and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan believes that asking for help means being a burden.

The idea

Personal rules about life can be explored as working beliefs.

An ordinary example

Morgan believes that asking for help means being a burden.

What this can look like

Complete an if-then rule about belonging, identify its protective purpose, and consider when it does not fit.

Check the fit

What alternative rule leaves more room for choice? 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 alternative rule leaves more room for choice?

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-A03-1