Private Logic Detective - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Personal rules about life can be explored as working beliefs.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What alternative rule leaves more room for choice?

4. An optional next step, support, adaptation, or reason to stop:

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-A03-2