Private Logic Detective - Review journal

Review an attempt at private logic detective and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What alternative rule leaves more room for choice? My optional adjustment or support request:

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-A03-5