Lifestyle Pattern Sketch - Concept brief

Understand the idea behind lifestyle pattern sketch and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan prepares carefully, delays asking questions, and then rushes near deadlines.

The idea

Patterns are tentative descriptions rather than fixed personality labels.

An ordinary example

Morgan prepares carefully, delays asking questions, and then rushes near deadlines.

What this can look like

Compare how you approach three ordinary tasks, looking for a recurring goal and a useful exception.

Check the fit

Which pattern fits, and what evidence complicates it? 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

Which pattern fits, and what evidence complicates it?

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-A04-1