Social Interest in Action - Concept brief

Understand the idea behind social interest in action and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan offers to share transport planning rather than taking over everyone's arrangements.

The idea

Contribution can include mutual care and receiving support.

An ordinary example

Morgan offers to share transport planning rather than taking over everyone's arrangements.

What this can look like

Design one small cooperative action that respects your energy and the other person's preferences.

Check the fit

How can contribution remain mutual? 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

How can contribution remain mutual?

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-A05-1