# Social Interest in Action - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Contribution can include mutual care and receiving support.

## Practice task

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

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

### 2. My response to the practice task above:

### 3. How can contribution remain mutual?

### 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-A05-2