Courage for Imperfection - Concept brief

Understand the idea behind courage for imperfection and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan sends a clear draft instead of editing a casual email ten times.

The idea

Trying an imperfect action can be more workable than proving worth.

An ordinary example

Morgan sends a clear draft instead of editing a casual email ten times.

What this can look like

Choose a low-stakes task, define good enough, and identify a compassionate stopping point.

Check the fit

What would make this a practice in courage rather than another test? 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

What would make this a practice in courage rather than another test?

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-A06-1