Courage for Imperfection - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Trying an imperfect action can be more workable than proving worth.

Practice task

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

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

2. My response to the practice task above:

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

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-A06-2