# Acting As If Experiment - Concept brief

Understand the idea behind acting as if experiment and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan imagines that a question can show interest rather than incompetence.

## The idea

A tentative new stance can be tested in a reversible action.

## An ordinary example

Morgan imagines that a question can show interest rather than incompetence.

## What this can look like

Choose one small action you might take if a more flexible belief were partly true; predict a realistic obstacle.

## Check the fit

What small action would test this belief without pretending certainty? 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 small action would test this belief without pretending certainty?

## 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-A11-1