Acting As If Experiment - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A tentative new stance can be tested in a reversible action.

Practice task

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

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

2. My response to the practice task above:

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

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-A11-2