Acting As If Experiment - Review journal

Review an attempt at acting as if experiment and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What small action would test this belief without pretending certainty? My optional adjustment or support request:

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-A11-5