Catching the Pattern Kindly - Concept brief

Understand the idea behind catching the pattern kindly and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan notices opening another planning app instead of starting a task.

The idea

Recognizing a familiar pattern is an opportunity rather than a failure.

An ordinary example

Morgan notices opening another planning app instead of starting a task.

What this can look like

Identify an early cue for a self-defeating habit and create a neutral noticing phrase.

Check the fit

What phrase helps you notice without shaming yourself? 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 phrase helps you notice without shaming yourself?

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-A12-1