Catching the Pattern Kindly - Session activity

Facilitate a structured practice of catching the pattern kindly with preparation, reflection, and an agreed closing.

Mental health professionals | 30 minutes

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

0-5 min | Agree on purpose and fit

Explain the educational scope. Ask what would be useful, check readiness and access needs, and establish choices to observe, adapt, or pass. Use an ordinary example; do not solicit trauma narratives.

5-10 min | Orient with an example

Recognizing a familiar pattern is an opportunity rather than a failure. Fictional example: Morgan notices opening another planning app instead of starting a task. Ask what is observed and what remains uncertain.

10-20 min | Practice and compare

Identify an early cue for a self-defeating habit and create a neutral noticing phrase. Offer quiet individual work, a supported conversation, or an observing role. Compare two possible responses without evaluating people as right or wrong.

20-25 min | Reflect on meaning

What phrase helps you notice without shaming yourself? Ask what fit, what did not fit, and how culture, power, disability access, or external conditions affect the options.

25-30 min | Integrate and close

Invite one optional next step or support request. Orient to the current setting, allow an unfinished question to remain unfinished, and agree how to revisit it. End early or adapt if activation increases.

Adaptations

For a group, use fiction and no compulsory round-robin disclosure. For remote use, allow off-camera reflection and private notes. For brief use, keep one example and one question while retaining opening and closing choices.

Reflection

What adaptation or follow-up is needed?

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-A12-4