Catching the Pattern Kindly - Review journal

Review an attempt at catching the pattern kindly and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Recognizing a familiar pattern is an opportunity rather than a failure.

Practice task

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

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 phrase helps you notice without shaming yourself? 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-A12-5