Cooperation over Winning - Concept brief

Understand the idea behind cooperation over winning and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan and a housemate want different cleaning schedules.

The idea

Relational goals can shift from ranking to workable cooperation.

An ordinary example

Morgan and a housemate want different cleaning schedules.

What this can look like

Rewrite a minor disagreement as a shared task, preserving each person's right to disagree.

Check the fit

What would cooperation look like without either person surrendering every preference? 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 would cooperation look like without either person surrendering every preference?

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-A14-1