Encouraging Inner Language - Concept brief

Understand the idea behind encouraging inner language and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan thinks one missed deadline proves permanent unreliability.

The idea

Inner language can support agency without compulsory optimism.

An ordinary example

Morgan thinks one missed deadline proves permanent unreliability.

What this can look like

Replace a global self-judgment with a realistic statement of difficulty, effort, and a possible next step.

Check the fit

What statement is both kind and believable? 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 statement is both kind and believable?

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-A15-1