Contribution and Boundaries - Concept brief

Understand the idea behind contribution and boundaries and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan organizes every gathering and feels depleted.

The idea

Community feeling includes limits and fair distribution of effort.

An ordinary example

Morgan organizes every gathering and feels depleted.

What this can look like

Map what you offer, what you receive, and what you need to decline in one community role.

Check the fit

Which boundary could make participation more sustainable? 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

Which boundary could make participation more sustainable?

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-A16-1