Contribution and Boundaries - Review journal

Review an attempt at contribution and boundaries and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Morgan organizes every gathering and feels depleted.

Use an ordinary or fictional example, with a clinician when appropriate. Community feeling includes limits and fair distribution of effort.

Practice task

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

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. Which boundary could make participation more sustainable? 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-A16-5