Reorientation Mini Plan - Concept brief

Understand the idea behind reorientation mini plan and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan wants to practice asking for clarification early in a project.

The idea

Insight can be translated into one observable experiment.

An ordinary example

Morgan wants to practice asking for clarification early in a project.

What this can look like

Choose a belief to loosen, a cooperative action, a support, and a review date.

Check the fit

What action would show a small change in direction? 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 action would show a small change in direction?

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-A17-1