# Reorientation Mini Plan - Clinician dialogue

Guide a collaborative conversation about reorientation mini plan while checking fit and participant choice.

Mental health professionals | 15 minutes

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

### Invite and obtain permission

Offer: "Would it be useful to explore reorientation mini plan using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

### Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: Insight can be translated into one observable experiment. Ask what fits and what does not.

### Guide the task

Choose a belief to loosen, a cooperative action, a support, and a review date. Ask for permission before giving an example. Use this fictional illustration if useful: Morgan wants to practice asking for clarification early in a project.

### Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What action would show a small change in direction? Avoid assigning motives or interpreting silence as agreement.

### Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

### Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

### Reflection

What would tell me to adapt, stop, or seek supervision?

### 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-A17-3