Values behind Striving - Concept brief

Understand the idea behind values behind striving and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan wants a promotion for security and also fears being overlooked.

The idea

Ambition can be examined for meaning, social context, and personal cost.

An ordinary example

Morgan wants a promotion for security and also fears being overlooked.

What this can look like

Distinguish a valued aim from a need to prove superiority or avoid shame without labeling either motive as your whole identity.

Check the fit

Which motive would you like to give more influence? 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 motive would you like to give more influence?

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-A18-1