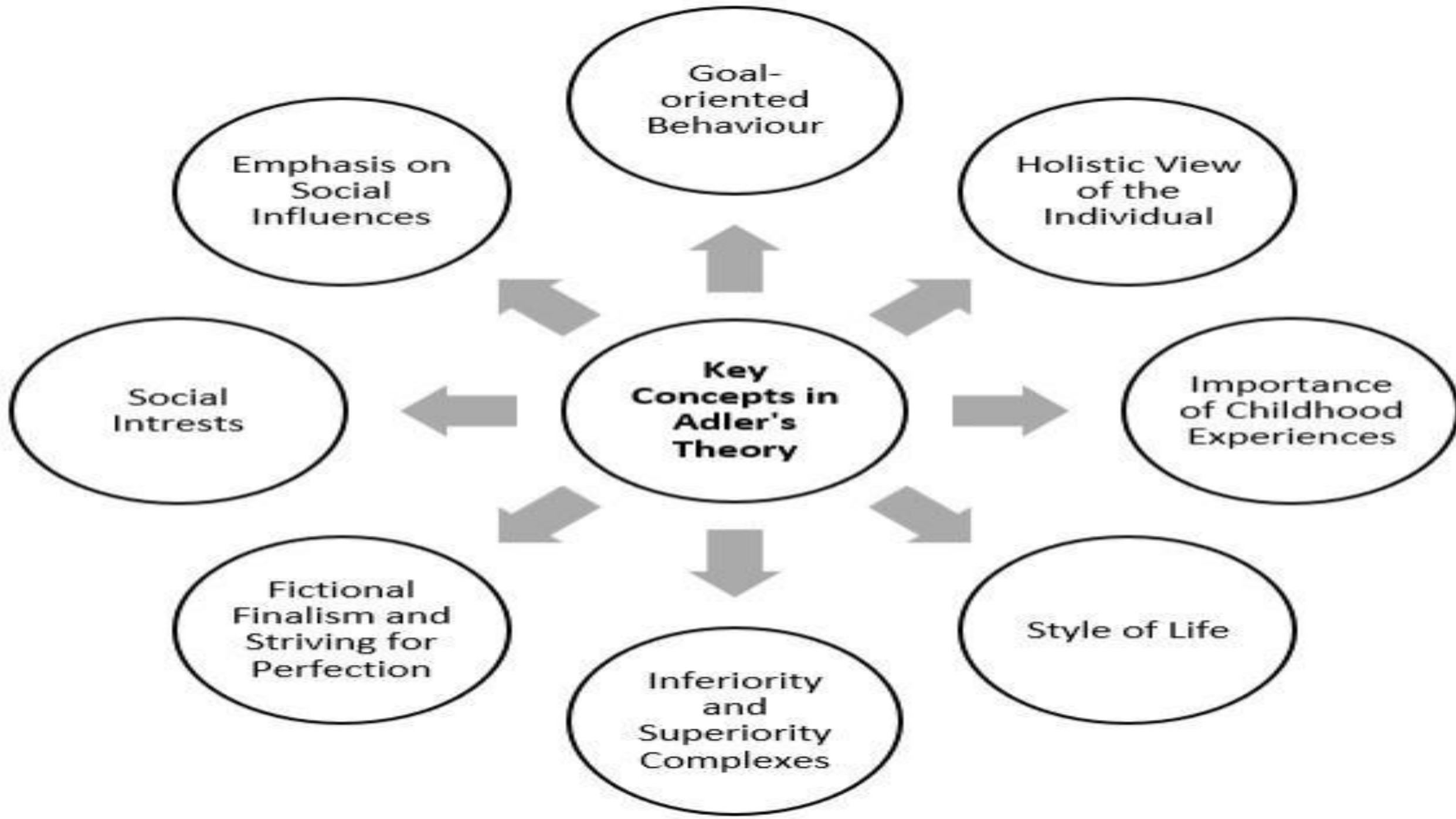

NEO- FREUDIAN, ALFRED ADLER

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ADLER'S INDIVIDUAL PSYCHOLOGY

- Adler developed the concept of Individual Psychology out of his observation that psychologists were beginning to ignore what he called the unity of the individual.
- Alfred Adler founded individual psychology and focused on growth and personal meaning.
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- He introduced the concept of the inferiority complex and how social connections shape behavior.
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- Adler's theories helped build the foundation for modern psychotherapy and positive psychology.





FICTIONAL FINALISM

- Fictional Finalism is a central concept within the idea of striving for superiority, referring to the idea that individuals are motivated by fictional goals or ideals, which they strive toward throughout life. These fictions are not “**false**” in the literal sense but serve as subjective guiding principles.
- Eg, a person might be driven by the belief, “If I can become successful, I will be happy,” and this fictional belief directs their efforts and behavior.

INFERIORITY AND SUPERIORITY COMPLEXES

- Adler postulated that everyone experiences inferiority feelings during childhood, feeling small, weak, and dependent, especially when compared to adults and older siblings.
- These feelings of inferiority are a natural and universal aspect of human experience. However, how individuals compensate for these feelings of inferiority is crucial for their development.
- If these feelings are not properly managed, they can lead to an **inferiority complex**—a deep sense of **inadequacy** and **insecurity**.

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- An inferiority complex, according to Adler, can stem from three primary sources in childhood-
 1. **Organic Inferiority**– Adler posited that physical defects or weaknesses can shape an individual’s personality. For example, Demosthenes overcame a stutter to become a renowned orator, and Theodore Roosevelt transformed his frail health into a commitment to physical fitness. However, if these compensatory efforts are unsuccessful, it can result in feelings of inferiority.

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- **Spoiling**– Children who are excessively pampered develop a sense of entitlement and become the center of attention. They may struggle with social interactions and face difficulties when they encounter challenges outside the home, such as in school, where they are no longer the focus. This lack of preparation can lead to feelings of inadequacy and an inferiority complex when they face obstacles or when their desires are not immediately gratified.
 - **Neglect**– Children who experience neglect or rejection from their parents often develop feelings of worthlessness and anger. A lack of love and security during infancy and childhood fosters distrust of others.
 - Conversely, **overcompensation** for these feelings can result in a superiority complex, where individuals exaggerate their achievements and abilities to cover up underlying feelings of inferiority.