

ALFRED ADLER(1870 ~ 1937)

- ✓ After years as a close associate of Freud's, Adler broke away due to his dislike of what he saw as the negativity in Freud's theory(the death instinct for one) and the idea of a sexual libido as the prime impulse of life.
- ✓ Adler believed that we were a product of social influences. He believed that goals and incentives rather than instincts motivated us. Our future is more important than our past.
- ✓ Adler saw *striving for superiority* as a universal drive to adapt, improve oneself, and master life's challenges.
- ✓ For Adler, our prime goal is to overcome what he called an *inferiority complex* that we develop in childhood due to our dependency on others and our obvious physical inferiority as children.
- ✓ To overcome our *inferiority complex*, we all engage in a process called *compensation*, which involves efforts to overcome imagined or real inferiorities by developing one's abilities.
- ✓ Personality disturbances arise from excessive inferiority feelings that pervert the normal striving for superiority in some people leading to *overcompensation* intended to conceal these thoughts even from themselves.



"The goal of the human soul is conquest, perfection, security, superiority."

ALFRED ADLER

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