

**Alfred Adler 1870-1937 Individual Psychology**

* Human beings have a ‘hard wired’ instinct to perceive ourselves as **Perfect, Whole and Complete.**
* **Feelings of inferiority** occurring at infancy & childhood causes us **to compensate** and maintain our self concept of perfection.
* We create a **‘Private Logic’** to justify the **inevitable experiences of inferiority.** The Individual now has a sense that he is **still perfect** even though the **feelings of inferiority unconsciously persist**. **DENIAL**.
* Eventually, using this Private Logic, we develop a **‘Subjective Final Goal’** while believing ourselves as ‘**Perfect’** and cause us to follow these pathways later on in life. **Making Life Choices in DENIAL**
* **Compensating** behaviors develop to keep these threatening feelings **unconscious.**
* **A ‘lifestyle’** will emerge reflecting the **original feelings of inferiority.**

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* Human Beings are naturally driven to perfection and we are always driven to move into the future.
* All behavior is ‘Goal Directed’ but is based on a **Subjective Worldview** and therefore behaviors can always be changed.
* Individuals have the **ability to construct** new meaning and a new lifestyle upon **rectifying the original Private Logic** by means of the **Mindfulness Model**
* **THE TASK:** 
  1. **GAIN AWARENESS** of behaviors that we have chosen to compensate for feelings of inferiority and **re-evaluate** how we arrived at our Private Logic.
  2. **CHOOSE** to construct a new ‘foundation’ for our **Subjective Goals** altering our **compensating behaviors** and thereby **freely choosing a more manageable life.**
* **Utilizing a Mental Health Therapist**: Examine early recollections, Explore impact from family, Dream Analysis, ‘Spitting in Client’s Soup**’.**