**The First to Leave**

Alfred Adler joined Freud's analytic society in 1902 and was even named the first president in 1910. However, after growing disagreements he left with several other theorists in 1911, starting his own group originally named the 'Society for Free Psychoanalytic Research.' It is suspected that this name was meant as an attack on Freud's stubbornness to accepting disagreements and challenge to his theories. The name was later changed to 'Individual Psychology,' perhaps as a means to differentiate Adler as an independent theorist in his search for overcoming his perceived inferiority.

**Inferiority**

According to Adler's theory, each of us is born into the world with a sense of inferiority. We start as a weak and helpless child and strive to overcome these deficiencies by become superior to those around us. He called this struggle a *striving for superiority*, and like Freud's Eros and Thanatos, he saw this as the driving force behind all human thoughts, emotions, and behaviors.

For those of us who strive to be accomplished writers, powerful business people, or influential politicians, it is because of our feelings of inferiority and a strong need to overcome this negative part of us according to Adler. This excessive feeling of inferiority can also have the opposite effect. As it becomes overwhelming and without the needed successes, we can develop an inferiority complex. This belief leaves us with feeling incredibly less important and deserving than others, helpless, hopeless, and unmotivated to strive for the superiority that would make us complete.

### What are the causes of Inferiority complex?

The most famous cause behind feeling inferior is some event that happened somewhere in your past that made you think that you are inadequate or not worthy. There are hundreds of possible events that may have resulted in these false beliefs you built about yourself. Below is a list of possible causes:

* Having different skin color than your peers (for example finding that you are dark skinned while all of them are white) and being mocked for that.
* Being called names like lazy or stupid by teachers and peers
* Being physically weaker than your peers
* Being handicapped while being made fun of for that reason
* Feeling ugly compared to your peers
* Being an unskilled player in your school's popular sport.
* coming from a lower social class than that of your peers'.
* Always being called names by parents; like stupid, idiot or fool.

Generally speaking an inferiority complex happens when there is something different about you that makes you feel inferior. Note that this will only happen if you regarded that difference as a disadvantage.

Not every kid who is different grows up feeling inferior but only those who are made to believe that their difference makes them inferior develop inferiority complex. For example if a kid was not smart but was surrounded by loving friends, teachers and parents he will never develop inferiority feelings.

**Ahead of her Time**

Perhaps the most important contribution Karen Horney made to psychodynamic thought was her disagreements with Freud's view of women. Horney was never a student of Freud, but did study his work and eventually taught psychoanalysis at both the Berlin and New York Psychoanalytic Institute. After her insistence that Freud's view of the inherent difference between males and females, she agreed to leave the institute and form her own school known as the American Institute for Psychoanalysis.

In many ways, Horney was well ahead of her time and although she died before the feminist movement took hold, she was perhaps the theorist who changed the way psychology looked at gender differences. She countered Freud's concept of penis envy with what she called womb envy, or man's envy of woman's ability to bear children. She argued that men compensate for this inability by striving for achievement and success in other realms.

She also disagreed with Freud's belief that males and females were born with inherent differences in their personality. Rather than citing biological differences, she argued for a societal and cultural explanation. In her view, men and women were equal outside of the cultural restrictions often placed on being female. These views, while not well accepted at the time, were used years after her death to help promote gender equality.

**Neurosis and Relationships**

Horney was also known for her study of neurotic personality. She defined neurosis as a maladaptive and counterproductive way of dealing with relationships. These people are unhappy and desperately seek out relationships in order to feel good about themselves. Their way of securing these relationships include projections of their own insecurity and neediness which eventually drives others away.

Most of us have come in contact with people who seem to successfully irritate or frighten people away with their clinginess, significant lack of self-esteem, and even anger and threatening behavior. According to Horney, these individuals adapted this personality style through a childhood filled with anxiety. And while this way of dealing with others may have been beneficial in their youth, as adults it serves to almost guarantee their needs will not be met.

She identified three ways of dealing with the world that are formed by an upbringing in a neurotic family: Moving Toward People, Moving Against People, and Moving Away From People.

* **Moving Toward People.** Some children who feel a great deal of anxiety and helplessness move toward people in order to seek help and acceptance. They are striving to feel worthy and can believe the only way to gain this is through the acceptance of others. These people have an intense need to be liked, involved, important, and appreciated. So much so, that they will often fall in love quickly or feel an artificial but very strong attachment to people they may not know well. Their attempts to make that person love them creates a clinginess and neediness that much more often than not results in the other person leaving the relationship.
* **Moving Against People.** Another way to deal with insecurities and anxiety is to try to force your power onto others in hopes of feeling good about yourself. Those with this personality style come across as bossy, demanding, selfish, and even cruel. Horney argued that these people project their own hostilities (which she called externalization) onto others and therefore use this as a justification to 'get them before they get me.' Once again, relationships appear doomed from the beginning.
* **Moving Away From People.** The final possible consequence of a neurotic household is a personality style filled with asocial behavior and an almost indifference to others. If they don't get involved with others, they can't be hurt by them. While it protects them from emotional pain of relationships, it also keeps away all positive aspects of relationships. It leaves them feeling alone and empty.

Swiss psychiatrist Carl Jung believed that archetypes are models of people, behaviors or personalities. Jung suggested that the psyche was composed of three components: the ego, the personal unconscious and the collective unconscious.

According to Jung, the ego represents the conscious mind while the personal unconscious contains memories, including those that have been suppressed. The collective unconscious is a unique component in that Jung believed that this part of the psyche served as a form of psychological inheritance. It contains all of the knowledge and experiences we share as a species.

The collective unconscious, Jung believed, was where these archetypes exist. He suggested that these models are innate, universal and hereditary. Archetypes are unlearned and function to organize how we experience certain things.

"All the most powerful ideas in history go back to archetypes," Jung explained in his book *The Structure of the Psyche*. "For it is the function of consciousness, not only to recognize and assimilate the external world through the gateway of the senses, but to translate into visible reality the world within us."

Jung identified four major archetypes, but also believed that there was no limit to the number that may exist.

**The Self**

The self is an archetype that represents the unification of the unconsciousness and consciousness of an individual. The creation of the self occurs through a process known as individuation, in which the various aspects of personality are integrated. Jung often represented the self as a circle, square or mandala.

**The Shadow**

The shadow is an archetype that consists of the sex and life instincts. The shadow exists as part of the unconscious mind and is composed of repressed ideas, weaknesses, desires, instincts and shortcomings. This archetype is often described as the darker side of the psyche, representing wildness, chaos and the unknown. These latent dispositions are present in all of us, Jung believed, although people sometimes deny this element of their own psyche and instead project it onto others.

Jung suggested that the shadow can appear in dreams or visions and may take a variety of forms. It might appear as a snake, a monster, a demon, a dragon or some other dark, wild or exotic figure.

**The Anima or Animus**

The anima is a feminine image in the male psyche and the animus is a male image in the female psyche. The anima/animus represents the "true self" rather than the image we present to others and serves as the primary source of communication with the collective unconscious.

The combination of the anima and animus is known as the syzygy, or the divine couple. The syzygy represents completion, unification and wholeness.

**The Persona**

The persona is how we present ourselves to the world. The word "persona" is derived from a Latin word that literally means "mask." It is not a literal mask, however. The persona represents all of the different social masks that we wear among different groups and situations. It acts to shield the ego from negative images. According to Jung, the persona may appear in dreams and take a number of different forms.

**Other Archetypes**

Jung suggested that the number of existing archetypes is not static or fixed. Instead, many different archetypes may overlap or combine at any given time. The following are just a few of the various archetypes that Jung described:

* **The father:** Authority figure; stern; powerful **- The mother:** Nurturing, comforting
* **The maiden:** Innocence; desire; purity **- The hero:** Champion; defender; rescuer
* **The child:** Longing for innocence; rebirth; salvation
* **The wise old man:** Guidance; knowledge; wisdom
* **The trickster:** Deceiver; liar; trouble-maker