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Assignment

Post

Chapter 5 highlights Alfred Adler’s perspectives about psychology and psychoanalysis. The focus of Adler is on personality of the people who are understood as complete beings. The behavior of humans is discussed that stresses on the struggles for life. Adler viewed humans as creators of their life who develop certain styles for moving towards expression of specific goals. Childhood experiences also have significant role in shaping the personality of humans. Adler and Freud offer different views on human nature. The focus on Freud is on instinctual determination while Adler believes that an individual develops approach towards life after first five years. Past plays dominant role in determining one’s present. The factors that motivate individuals include social relatedness, sexual urges and conscious and unconscious thoughts. I agree with the theory of Adler because the initial years of life are critical in development of individual’s personality. I like the concept of subjective perception of reality because it emphasizes on one’s thoughts, perceptions, values, beliefs and convictions. Subjective perception is different from objective reality. I like some of the points mentioned by Adler in individual psychology such as reductionism that stresses on indivisibility of people. This chapter is important for building understanding about the human behavior and goal orientation. It is based on the concept that human behavior is the result of some functions and fictional finalism is also an important concept discussed by Adler. I like the role of inferior feelings highlighted by Adler (Corey, 2011). I think that these feelings cause an individual to struggle for attaining better status and role in life. One strives to find a better position in all aspects of life.

The chapter raises some questions such as: how unconscious urges become part of human personality? Is it possible for an individual to overcome unconscious urges or desires?

Response 1

I like the post of Katherine R. Forcier because she provides a brief overview of the chapter and also stresses on the need for psychoanalytic therapy. I agree that each therapy explains different aspects of human personality but Adlerian therapy is important for exploring the inferior feelings (Corey, 2011). The most important part of Adlerian theory is that environment and childhood experiences play a significant role in formation of one’s personality. This states that it is important to identify childhood experiences that creates problematic behaviors in future. I agree that personality conflict arises when an individual has to struggle for recognition or power. During childhood, people who have experienced inferiority complex are more likely to develop disturbed personality. I like the post because it mentions the concepts of birth of order explaining how a same family could lead to different personalities of children. Environment plays most important role in that.

Response 2

I agree with the post of Miranda Brown because she has discussed important concepts of the Adlerian therapy. Circumstances remains important elements that shapes the behavior of humans. The post provides in-depth view on how Adlerian theory provides practical way of identifying the reasons behind one’s personality. I agree that the background and childhood experiences have significant role in formation of individual’s identity. I also believe that human beings continue to struggle for attaining perfection. When they realize that they are lacking, they develop feelings of inferiority. It thus convinces them to work hard for achieving the same superiority that they are lacking. I agree that human beings are motivated by their goal of perfection and for that they are ready to compete with others. I also think that one’s interaction with the family and people also has prominent role in formation of personality.

Reference

Corey, G. (2011). *Theory and Practice of Counseling and Psychotherapy.* Cengage Learning.