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Psychology

Adler’s theory states that the drive for human behavior is to overcome feelings of inferiority. I learned that human beings are born with the feelings of inferiority that leads to the development of inferiority complex. Alfred Adler created the theory and explained the impacts of order of family. I also learned that children are dependent on their parents that make them feel inferior. Struggling for power and superiority is common in families where parents have more than one child. Youngest child is more likely to become the victim of inferiority. The children in such situations also feel that they are better than their siblings.

I would consider using Adlerian theory for addressing the psychological issue of the client. This is because the client explains that he is the youngest among siblings. He is undergoing inferiority complex and struggling to gain recognition in the family. He feels that his siblings possess more power that adds to the feelings of inferiority. The theory also explains that the youngest child feels insecure because more attention is received by elder siblings (Marano, 2017). I will use this theory for understanding why client exhibit inferiority and determine the nature of his relationship with siblings. In current scenario it is evident that the siblings possess more power compared to the client that motivates him to struggle for achieving superiority. The reason of conflict is desire for attaining power and superiority.

The client also believes that both of his siblings are different from him because he states that his sister is selfless and brother is irresponsible. Adlerian theory can be used for identifying the personality traits of the child such as his rebellious nature, assertiveness and nature of criticizing others. The complaints of the client depicts that he has a criticizing nature.

Reference

Marano, K. E. (2017). An Analysis of Empirical Validity of Alfred Adler’s Theory of Birth Order. *The Alpha Chi Journal of Undergraduate, 2* (1).