A SUMMARY OF INDIVIDUAL (ADLERIAN) PSYCHOLOGY THEORY

**PSYCHOPATHOLOGY**
A diminished sense of personal worth, plus limited community feeling, diverts movement from useful to useless side of life.

"Yes" bows to common sense...

**SUBJECTIVITY/PHENOMENOLOGY**
"Everything follows out of opinion" (Seneca). We consider ourselves, others, and the world in their appearance (Gr., phainomenon); opinions, biases, and fictions shape how others, the world, appear to us, and can be changed.

**COMMONSENSE (C)/PRIVATE SENSE (PS)**
PRIVATE LOGIC (PL)
C: A shared sense of reality makes social living possible. PS/PL: May contribute to common sense in art and innovation, or may retreat into isolation, eccentricity, contentiousness, psychoses. Psychotherapy challenges PS/PL, appeals to C, and encourages community feeling.

**LIFESTYLE (PERSONALITY)**
By trial and error, the creative child explores genetic possibility, rehearsing basic convictions in strategies for success. Lifestyle embodies practiced movement and performance rather than fixed entities or traits.

**TELEOLOGY (PURPOSE)**
Contrary to "drive" theory's speculations about forces or structures determining action, IP studies the consequences of behavior to discern its purpose or goal (Gr., telos) the "final cause" (Aristotle) of personal movement.

**HOLISM**
Mind and body exist in organic unity of thought, feeling, action in movement toward the goal set by the undivided person.

Consciousness - unconsciousness are on a continuum of social awareness, shaped by the individual goal.

**DYNAMICS**
Living things move toward completed development. Human feelings of incompleteness and inferiority are compensated by expectations of overcoming, by striving for mastery, fulfillment, achievement. Movement is from a "felt minus" toward a "felt plus," on the socially useful or useless (dysfunctional) side of life.

**SOCIAL EMBEDDEDNESS**
Language, history, culture (even understanding) reveal the human ecological context. Personal problems are social problems; their solutions demand cooperation, invited or imposed by the extent or limit of community feeling. "Self-boundedness" (G., Ich-gebundenheit) is an artifact of social theory.

**LIFE**
**TASKS**
**COMMUNITY FEELING (CF)**
**SOCIAL INTEREST (SI)**
We live as if obliged to address three tasks assigned by reason of our individual embeddedness in history and culture: We must learn how to be social, sexual, and productive, obligations obscured by attending to how we are doing in comparison to others, by mistaking tasks for tests, and by losing both courage and our sense of equality.

Figure 1.