
Sociocultural Theories

Reading: H & O Chapters 4, 5, & 6

Terms you should know.

Alfred Adler

Individual Psychology
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Compensate/Compensation
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Overcompensation
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Inferiority
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Inferiority complex
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Superiority Complex
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Fictional Finalism
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Lifestyle
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Social Interest
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Mistaken lifestyles
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Ruling-dominant
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Getting-Leaning
.....
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Avoiding
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Socially useful
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Safeguarding Strategies
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Excuses
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Aggression
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Distancing
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Karen Horney

Attachment
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Basic Evil
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Basic Hostility
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Basic Anxiety
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Adjustments to basic anxiety
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Need for affection & approval
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Need for partner to run one's life
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Need for narrow limits
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Need for power
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Need to exploit others
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Need for Social Recognition
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Need for Personal Admiration
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Need for Ambition and Achievement
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Need for Independence
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Need for Perfection
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Real Self
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Ideal Self
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Externalization
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Erik Erikson

Ego Identity
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Epigenetic principle
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Crisis
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Ritualizations
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Stages of personality development

Infancy

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Early childhood

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School Age

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Adolescence

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Young Adulthood

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Adulthood

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Old Age

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Concepts you should understand.

1. Perception is important in Adler's view of personality, adjustment, and general approach to life. What implications does this term have for Adler's approach to personality and our adjustment to the world?
2. Analyze Adler's approach to personality development from the $B = f(P::E)$ principle. What role does the Person play and what role does the Environment play?
3. What role do family interactions play in Adler's model?
4. According to Adler, what influence does birth order have on personality development?
5. What role does the family play in Horney's approach to personality development?

9. How do the sociocultural theorists differ from Freud on the following? (Be sure to give examples)
- a. Early experiences on personality?

 - b. The extent to which personality is determined vs. being malleable.

 - c. The development of the person's personality over time.

My Experiences #2
The Sociocultural Mirror.

Name: _____

1. One of the basic themes in Adler's theory is the notion of Inferiority that leads to striving for competence and a sense of superiority. There are three conditions that could lead to a complex of inferiority feelings: 1. Organ inferiority, 2. Excessive indulgence and pampering, and 3. Rejection and neglect.

What early experiences in your life may have led to a feeling of Inferiority?	How do you think that this experience led to later striving for Superiority? How have you strived to overcome this feeling in your life?

