LIFESTYLE
SOCIAL CONSCIOUSNESS
TELEOLOGY
VERTICAL AND LEVEL STRIVING
HOLISM
• Human Beings as Individuals
• The Unity of the Personality
• The Person as a System
- Thoughts/Emotions/Behavior
- Mind/Body
- Consciousness as Continuum
• The Whole is Greater than the Sum of it's Parts
• Every human being possesses Strengths and Qualities
• Humans as Goal Oriented
• Behavior as Purposive
• Purpose always in direction of Self-Enhancement
• Conscious and Unconscious Goals
• Applies to Functional & Dysfunctional behavior
• All is Movement
STRIVING FOR SUPERIORITY
• Compensation for Feelings of Inferiority
• From a Felt Minus to a Fictional Plus
• Striving for Fulfillment / Success - Belongingness Security, and Significance
• The greater the feeling of inferiority, the greater the compensation
• Compensation - Overcompensation
PHENOMENOLOGY
• Cognitive Psychology
• Subjective vs. Objective Understanding
• Perception, Evaluation, Interpretation, and Decision Making Processes
• We don't find meaning in situations we give meaning to situations
• Private Logic
INFERIORITY FEELINGS
CREATIVE CONSCIOUSNESS