



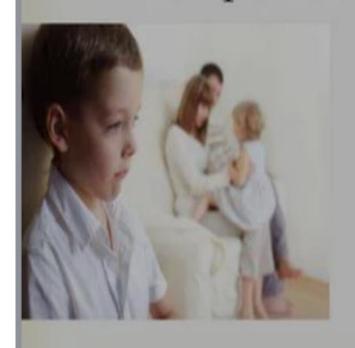


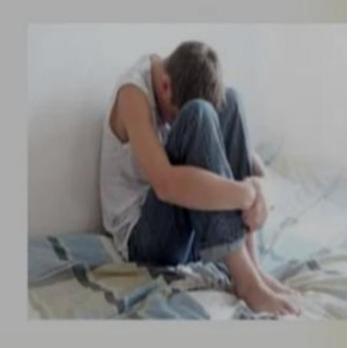


### What is inferiority complex???

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Feeling of unfulfillment and incompleteness







#### Inferiority complex

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- An inferiority complex, in the fields of psychology and psychoanalysis, is a feeling that one is inferior to others in some way.
- ▶ It is often unconscious, and is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme antisocial behavior.

- Lack of self-confidence
- . Isolation from others.
- . Don't do eye to eye contact.
- They may be unable to accept compliments.
- . Feel worthless.
- Low motivation and self-efficacy, poor self-directed learning strategies, and feeling unsafe or anxious.
- . They feel sensitive to criticism. Even constructive criticism will make them feel attacked and will lead to feelings of self-loathing or shame.
- . They may experience feelings of anxiety, reluctance to trust others, low self-worth, and fear of rejection

- They imagine negative judgment. Their default assumption will be that other people don't like them, no matter what they say to the contrary.
- . They will experience feelings of jealousy and melancholy when they see other people's happy experiences.
- Feel submissive. They will rarely stand up for themselves (or their view), and have difficulty asserting their needs.
- . They try to become Perfectionists. If something isn't perfect, they think it's a failure.



## Causes of Inferiority complex

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- □ Defects in body
- □ Feeling of comparison
- **R**Low economic status
- **Religion**



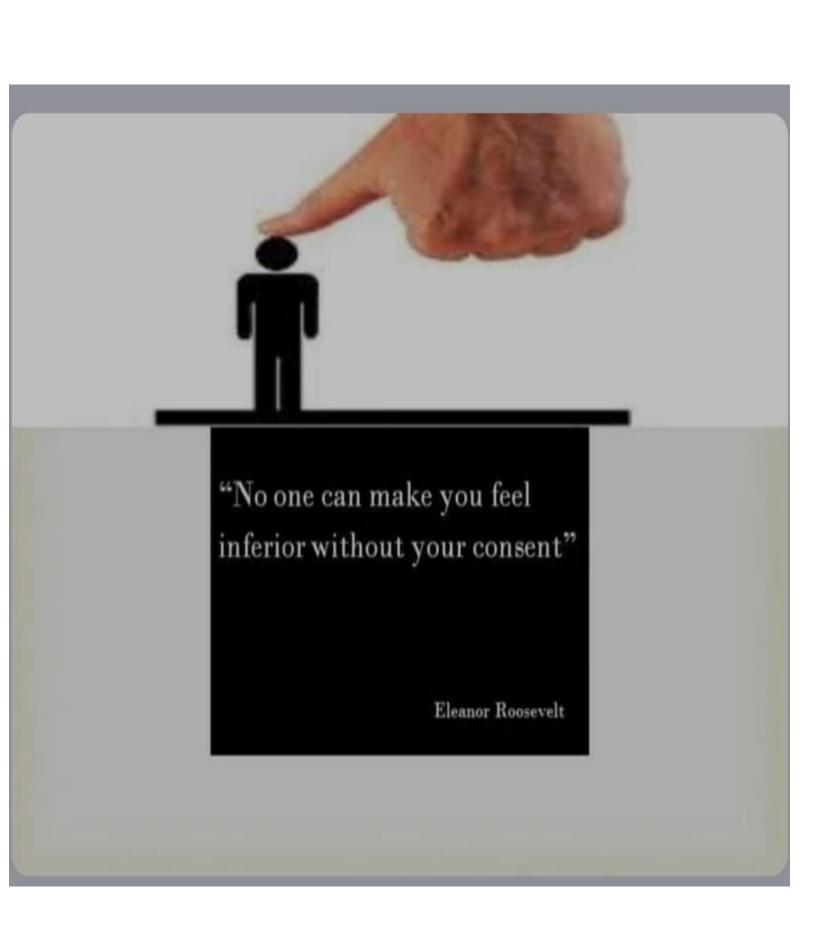
# Types of inferiority complex

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- person may actual start feeling inferior to others based on his own personal experience.
- or a child may start feeling inferior based on the experiences related to adults around him.

## How to overcome Inferiority Complex?





- Figure out whom you feel inferior to in the first place.
- Try to find the cause of your feelings.
- . Understand that we're all inferior in some ways.
- Stop wanting to be like others.
- Stop Worrying About What Others Think.
- . Positive Self-Talk.
- Surround Yourself With Positive People.
- Stop comparing yourself to everyone else.

- You need to be kind to yourself.
- . Don't think in absolutes
- "I am totally devastated," or "My life is completely destroyed"
- . Practicing Assertiveness
- . Learning to Say "No".
- . Build self confidence
- . Confront your biggest fears
- . Master your mind.

Thank you!