

SUPERIOR?

or

inferior?



WHAT IS INFERIORITY COMPLEX





What is inferiority complex???



❧ Feeling of unfulfillment and incompleteness





Inferiority complex



- ➡ 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



- ❧ Constant disapproval from parents
- ❧ Constant negative remarks from parents
- ❧ Defects in body
- ❧ Constant criticism
- ❧ Feeling of comparison
- ❧ Low economic status
- ❧ Religion



Types of inferiority complex



- ❧ **Primary Inferiority Complex:** where a child or a person may actual start feeling inferior to others based on his own personal experience.
- ❧ **Secondary Inferiority Complex:** where a person or a child may start feeling inferior based on the experiences related to adults around him.

How to overcome Inferiority Complex?





“No one can make you feel
inferior without your consent”

Eleanor Roosevelt

- . 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!

