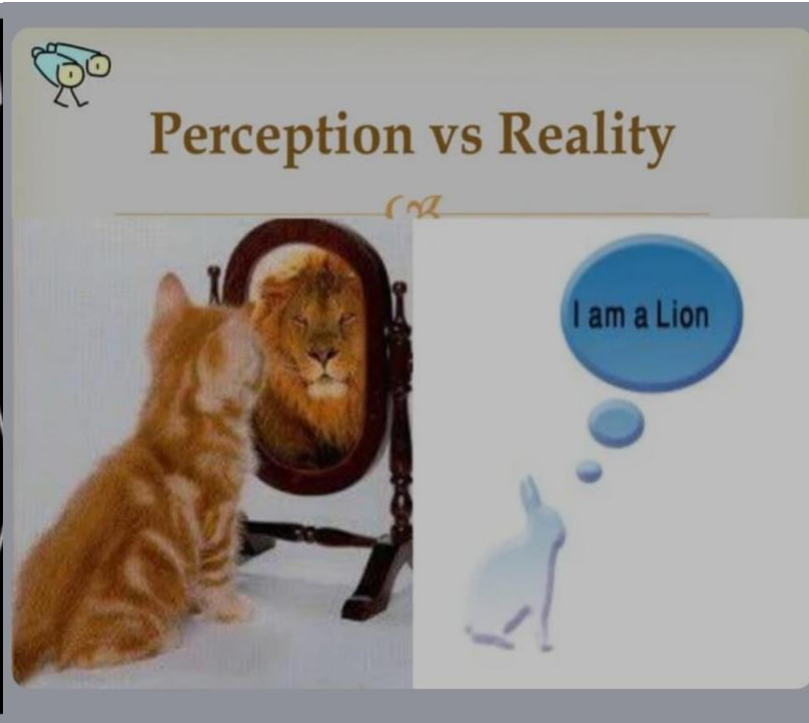
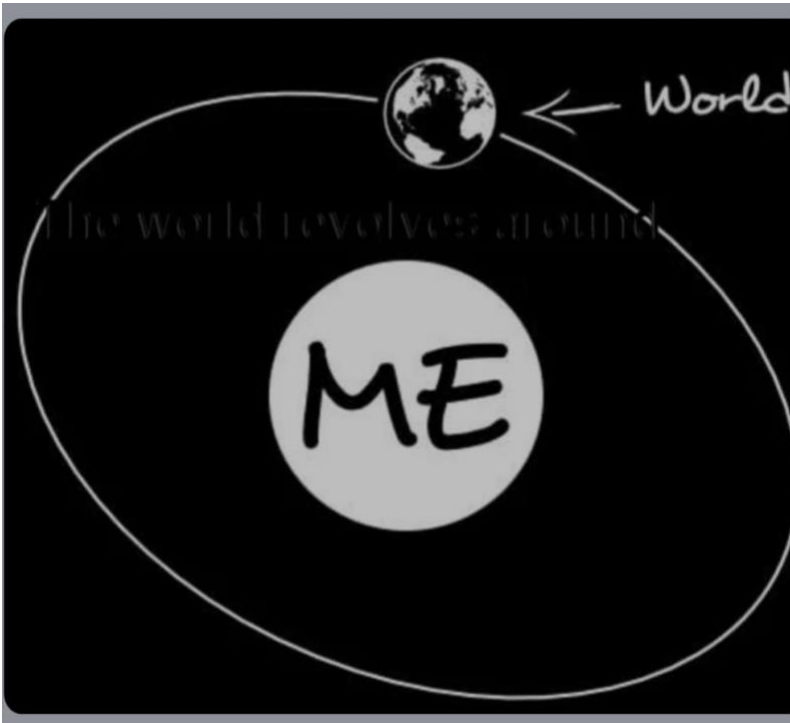
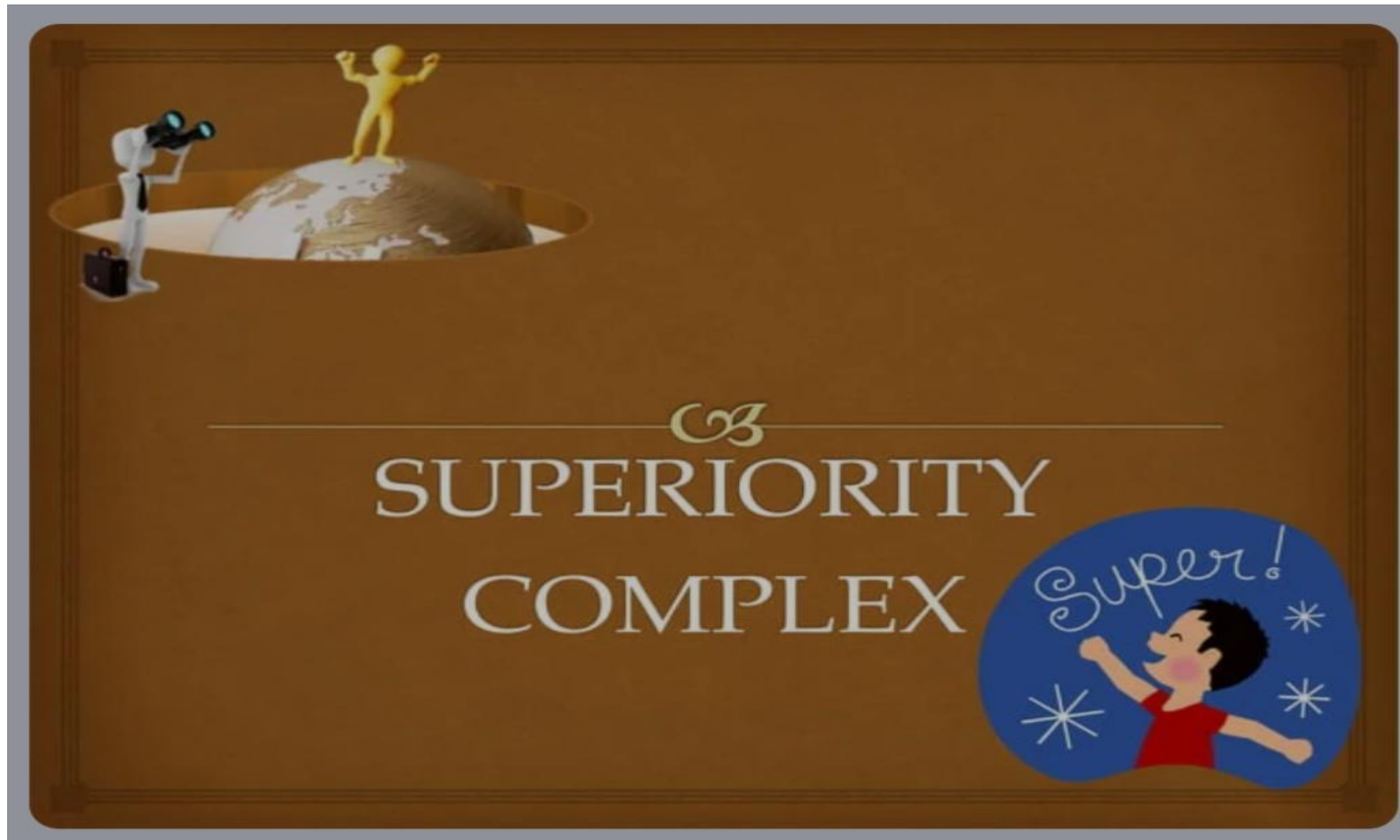


SUPERIOR?

or

inferior?





WHAT IS A SUPERIORITY COMPLEX?

- An individual with a superiority complex gives the impression that they believe they are superior to those around them.
- Adler stated that this is often in fact a defence mechanism to cope with feelings of inadequacy and inferiority after failing to achieve one's goals .

A superiority complex is very different to genuine confidence. Confidence is caused by legitimate skills and achievements, whereas a superiority complex is a false confidence to cover up the feelings of inferiority caused by lack of skills and achievements.



❧ A child with superiority complex may even hurt others just to prove his superiority

❧ Qualities found in such children's:

- ❖ Egocentricity
- ❖ Boastfulness
- ❖ Exaggeration
- ❖ Bluffing
- ❖ Hurtfulness
- ❖ Aggressiveness





Egocentricity



The world revolves around me



Boastfulness



I know,
I know,
I'm the
BEST

Exaggeration



Bluffing



Hurtfulness



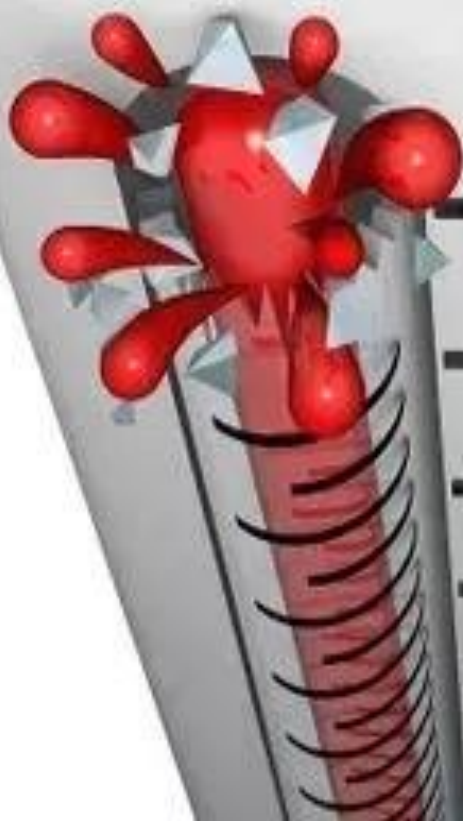
Aggressiveness





HOW TO OVERCOME SUPERIORITY COMPLEX

CONFIDENCE LEVEL



INVINCIBLE

STRONG

STEADY

BUILDING

FAIR

. *Understanding the Condition*

. *Finding the Power to Change*

. *Overcome the superior tendencies. Change is never easy.*

. *Do not take appreciation so seriously*

*. Resist being the
know-it-all*

*. Practice
gratitude: Practicing
gratitude is one of
the best ways to
alleviate a negative
mindset.*

. Stop being judgmental: A person with a superiority complex must realize that their opinion is just that; it is their opinion.

. Understand that everyone has strengths and weaknesses.

. *Realize what is important*

. *While feeling powerful and prosperous may be feelings they enjoy, these feelings are only superficial and may even be temporary.*

. Ask for help when needed.

In order to control a person's feeling of superiority, and to be truly happy and successful, one needs to have a good friend(s), that can be there through good times and bad.

“There is nothing noble
in being superior to your
fellow man; true nobility
is being superior to
your former self.”

Ernest Hemingway

**NOBODY IS SUPERIOR, NOBODY
IS INFERIOR, BUT NOBODY IS
EQUAL EITHER. PEOPLE ARE
SIMPLY UNIQUE, INCOMPARABLE.
YOU ARE YOU. I AM I.**

- OSHO

Thank
You!

