

AI-00010 Why Alfred Adler said "do not praise"

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Why Alfred Adler said "do not praise".

Alfred Adler was an Austrian psychotherapist and founder of the school of individual psychology. He believed that individuals are primarily motivated by a need for belongingness and significance, and that people strive for success in order to feel valued and respected by others.

Adler believed that excessive praise and recognition could actually be harmful to an individual's development. He argued that when people are praised excessively, they may become overly dependent on the approval of others, and may develop a distorted sense of their own worth and abilities. This can lead to feelings of inadequacy and anxiety when they do not receive the same level of praise or recognition in the future.

Furthermore, Adler believed that praise can create a competitive mindset, where people become focused on winning and outperforming others rather than developing their own unique skills and abilities. This can lead to a narrow focus on external achievements, rather than on personal growth and fulfillment.

Instead of focusing on praise and recognition, Adler emphasized the importance of fostering a sense of social interest in individuals. Social interest refers to the ability to be empathetic, compassionate, and cooperative with others, and to have a sense of responsibility for the greater good. By cultivating social interest, individuals can develop a sense of intrinsic motivation, and a desire to contribute to the well-being of others and society as a whole.

Overall, Adler's ideas on praise and recognition highlight the importance of focusing on intrinsic motivation and personal growth, rather than on external validation and achievement.

Give 5 examples of how Adler deliver praise

Alfred Adler's approach to praise was focused on fostering a sense of intrinsic motivation and encouraging individuals to develop a sense of social interest. Here are five examples of how Adler might deliver praise:

1. **Acknowledge effort and progress:** Rather than simply praising a person's achievements, Adler might acknowledge the effort they put into reaching their goals and the progress they have made. For example, he might say, "I can see how much effort you put into this project, and it's paying off. You're making great progress."
2. **Focus on personal growth:** Adler might praise individuals for their personal growth and development, rather than just their external accomplishments. For example, he might say, "I've noticed that you've become much more confident and self-assured since we first started working together. That's a great accomplishment."
3. **Encourage self-reflection:** Adler might encourage individuals to reflect on their own strengths and accomplishments, rather than relying on external validation. For example, he might say, "What do you think were the strengths you brought to this project? How did you overcome challenges and setbacks?"
4. **Highlight positive qualities:** Adler might focus on praising individuals for positive qualities such as empathy, compassion, and resilience. For example, he might say, "I'm really impressed by your ability to empathize with others and see things from their perspective. That's a valuable quality that will serve you well in the future."
5. **Connect accomplishments to social interest:** Adler might connect an individual's accomplishments to their sense of social interest and responsibility for the greater good. For example, he might say, "Your work on this project is making a real difference in the lives of others. You're using your skills and talents to contribute to something bigger than yourself, and that's a great accomplishment."

Will Adler be against the liked button in social media today?

It is likely that Adler would be critical of the "like" button on social media platforms today. Adler believed that excessive praise and recognition could be harmful to an individual's

development, and that it could create a competitive mindset where people become overly focused on external validation and achievements rather than on personal growth and fulfillment.

The "like" button on social media can be seen as a form of external validation that encourages people to seek approval from others rather than focusing on their own intrinsic motivation and personal growth. Additionally, the emphasis on the number of likes or followers can create a competitive environment where individuals may feel pressured to conform to certain norms or to seek attention through provocative or attention-grabbing content.

Adler emphasized the importance of developing a sense of social interest and responsibility for the greater good, which is not necessarily encouraged or emphasized by social media platforms. Therefore, it is likely that Adler would view the "like" button and the culture of seeking external validation on social media as potentially harmful to individuals' well-being and personal growth.