

## Adler's Original Writings on Personality (Individual Psychology)

Alfred Adler proposed that personality is shaped primarily by social factors and purposeful behavior. According to Individual Psychology, humans strive for significance and belonging, driven by the fundamental motivation known as the 'striving for superiority.'

He explained that lifestyle (*Lebensstil*) is formed early in childhood and becomes the core pattern that guides perception, thinking, feelings, and actions. Lifestyle is constructed through interpretation of life events rather than predetermined.

Central concepts include inferiority feelings, encouragement, social interest, and goal-directed behavior.