

ADLERIAN TYPOLOGIES BASED ON LIFESTYLE BASIC CONVICTIONS

Adler:

the ruling person

Attention/power/revenge=
Uncooperative but
self-confident

the socially useful person

attention=cooperative

the avoider

Attention/power/revenge/
inadequacy=unsociable/
depressive/anxious

the getting person

attention=dependent

Mosak:

Getter

controller

driver

to be good/ perfect/ right

martyr/victim

“agginer”

feeling avoider

excitement seeker

(Composite themes with 19 further diagnostic categories.)

Adler, A. (1956).

Sperry, L. (1996).