Plan for Today

• Karen Horney (con’t)
• Review Personality Scores
  • At the link previously saved
  • Or located here: https://tinyurl.com/y86u9mqm
• Psychology As a Science
  • Philosophy
  • History
The “Basic Evil”: Parental Indifference

• Parental indifference, inconsistency, and interference create within a child an attitude of basic hostility and basic anxiety
Basic Hostility

• If a child feels mistreated they experience hostility
• But must repress it
  • Because of feelings of helplessness, fear, love, or guilt
Basic Anxiety

• Basic anxiety stems from feelings of loneliness and helplessness in a hostile world
  • Similar to hostility, these feelings are brought on by parental mistreatment
The Self

• Real self
  • The true core of one’s being, containing potential for growth, happiness, will power, special capacities and gifts, and the urge for “self-realization”

• Despised real self
  • In the context of feeling helpless, children begin to perceive their “real selves” as despicable, unlovable, and unworthy
The Self – Cont.

- **Actual self**
  - Objectively existing person independent of anyone’s perceptions

- **Ideal self**
  - The damaged real self, hurt by negative evaluations and indifference from parents
  - Strives to be perfect in a wishful way as a compensation for feelings of inadequacy
  - Struggles with the tyranny of the shoulds
Tyranny of the Shoulds

• The idealized self image substitutes for genuine self-confidence and pride
  • One is made to feel disgraceful or ashamed by who one actually is

• The tyranny of the shoulds drives one frantically to be something different from what one is
Alienation from Real Self: The Core of Neurotic Conflict

1. Abandonment of self-responsibility for one’s behaviour
   • Disembodiment

2. Actively moving away from the real self
   • At all cost the ideal image is striven for
   • One succumbs to the idealized self and the search for glory embodied in the “shoulds”

3. Actively moving against the real self
   • Experiencing bouts of self-hate
   • Treating oneself as an object
10 Neurotic Needs

- Neurotic personality is governed by neurotic needs which are directed toward interpersonal control and coping within the hostile world of the shoulds

1. A need for affection and approval
   - Needs to gain “love”
   - Striving to please others
   - Sensitive to any hint of rejection

2. A need for a “partner” to take over one’s life
   - Extreme dependency on the partner
   - Needs to be taken care of
10 Neurotic Needs

3. A need to restrict life within narrow borders
   • Life of passive resistance
   • Resigned to an unfulfilling and joyless existence

4. A need for power
   • Driven by the belief that world is competitive, and everyone has hostile designs
   • Demands recognition of his or her power
   • Fears helplessness

5. A need to exploit others
   • The exploiter fears being exploited and acts first to avoid appearing stupid
6. A need for prestige
   • Derives self worth from recognition by others
   • All things (e.g., money, friends, activities, etc.) evaluated according to their prestige value

7. A need for personal admiration
   • Idealized and very inflated self-image
   • Lives to have it validated
10 Neurotic Needs

8. A need for personal achievement
   • Need to surpass others and be the very best
   • Driven by insecurity

9. A need for self-sufficiency and independence
   • A loner who fears rejection, cannot ever be dependent on or obligated to anyone

10. A need for perfection and unassailability
    • Fear of making mistakes, being reproached, or criticized
    • The answer is to be perfect
    • Obsessive dread of finding flaws in oneself
    • Compensatory feeling of superiority over others
Interpersonal Coping Strategies

1. Moving toward people
2. Moving against people
3. Moving away from people

• The three patterns of adjustment are considered by many to be Horney’s most significant contribution to personality theory
Moving Toward People

• The self-effacing solution by compliance
  • Rests on the assumption that “if you love me you will not hurt me”

• Manifests itself through the needs for:
  • Affection and approval
  • Partner to take control
  • Restriction of life to narrow borders
The self-effacing individual has idealized the qualities of suffering, helplessness and martyrdom (sainthood)

i.e., if one is a saint, then it is reasonable that one must suffer

“Misery loves company; but company does not like misery…”
Moving Against People

• The solution of resignation (by way of aggression)
  • Rests on the assumption that “if I have power, no one can hurt me”

• This type glorifies and cultivates in him/herself everything that leads to the mastery of others
Moving Against People

- Manifests itself through the needs for
  - Power and omnipotence and perfection
  - Exploitation of others
  - Social recognition and prestige
  - Personal admiration
  - Personal achievement
Moving Away from People

• The solution of resignation (by way of detachment)
  • Rests on the assumption that “if I withdraw, nothing can hurt me”

• The motive is the need never to dependent on anyone
  • They desire to be free from all demands, rather than to be free for the pursuit of desirable activities
Moving Away from People

• Manifests itself through the needs for:
  • Restrictions of life to narrow borders
  • Self-sufficiency
  • Perfection and unassailability
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