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PSY 441: Psychology of Personality (OA)
Essay # 2/Ques. # 2
February 13, 2023

Adler Four Different Life Styles

According to Richard M. Ryckma, 2013, Alfred Adler describes four different lifestyle types to help people understand the nature of destructive and constructive lifestyles better. The first is the ruling type. This is a person that basically survives by controlling other people and not unable to function unless they are. As children they grew up demanding and got what they wanted every time. They are threatened by those that refuse to “bow before them” and most often will psychologically and or physically attack.

The getting type, which is someone that was raised with almost no demands to do for themselves, therefore, they depend on others to take care of the as adults consciously or unconsciously. They never move out of their parent dependency and go through life expecting others to constantly help them. A inherited disorder, in my opinion, because parents that do this to their child think it is normal because they were raised in the same environment, or at least one parent may have been.

The avoiding type, are people who lack confidence to stand in the face of conflict. They struggle with problems and lack the social experience to resolve issues and tend to hide until it blows over or simply act as if nothing is wrong. They are self-absorbed and mentally live in their own little world of imagination.

The social useful type, are those that grew up in a social and emotional healthy home watching love and respect demonstrated in their parents and siblings regularly. They don't like drama and try to resolve issues with other when needed. They are considered a good example.