

1. Adler defined social interest as “a striving for a form of community which must be thought of as everlasting, as it could be thought of if mankind had reached the goal of perfection”. Investigators have found that people from different walks of life who are considered prime examples of Adler’s definition of a socially interested person are more altruistic, trustworthy, socially adjusted, nurturing, and helpful than those that are not. Individuals that are socially interested also report less depression, anxiety, emotional instability, loneliness, destructive narcissism, and hostility toward others. Other studies have shown that individuals with social interest maintain better relationships, from friendships, to marriages. This is because the person with social interest in mind are more selfless and are willing to make personal sacrifices for others. These better relationships automatically improve the mental states of any individual.
2. The Ruling Type: These are individuals that want to be superior than others. They look to be around weak individuals in order to dominate over them, they also want to be conquerors, so when they marry, they want to lord over their spouses. They also want to be catered to and be given undivided attention.

The Getting Type: are relatively passive and make little effort to solve their own problems. Instead, they rely on others to take care of them. They are accustomed to having things done for them so they surround themselves with people that are willing to accede to their requests.

The Avoiding Type: The avoiding type lack confidence to face problems. They will typically do anything to sidestep or evade crises. These individuals are often self-absorbed and are inclined to make up realities that put them in positions of power and authority.

The Socially Useful Type: This kind of people grow up in supportive families. The socially useful type is raised learning respect and consideration for others. They are accustomed to handle problems without stress, conflicts and aggression. They possess the courage to face their problems in order to solve them. As adults they manage their family with the same principles they were brought up with, respect, affection, and friendship. They are the most psychologically healthy type of the four.

3. I believe that Adler’s birth order theory had validity, not just because of the research performed to back it up but also because of the amount of living examples for it. My daughter is one of the persons that came to mind as I was reading the text. My daughter is the first born of my two children and my wife and I can definitively verify that she was given so much more attention and intellectual learning opportunities than my second born son. (Kowalski, Wyver, Masselos, & DeLacey, 2004,) Zajonc’s theory is also seen as first borns as my daughter are put in a position to tutor or be instructors of some kind to their younger siblings, thereby forcing them to learn to teach and to learn to know what to teach. The research also puts the first born as smarter and to strive for higher accomplishments in order to regain or keep their status of primacy.