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Chapter 4

#2 – The four major lifestyles according to Adler are the ruling type, the getting type, the avoiding type, and the socially useful type. The ruling type are people that lack social interest and courage. As children this type of person is said to want to exclude stronger children and play only with weaker children so that they are the dominant one. As an adult these persons want to be conquerors. The getting type are people that are typically passive and make little effort to solve their own problems. The avoiding type are people who lack the confidence necessary for solving crises. Lastly the socially useful type are people who grow up in families where the members are helpful and supportive of each other, treat each other with respect and consideration, and are disinclined to handle stress and problems through conflict and aggression. Socially useful people are stated to be psychologically healthy people.