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Adler Essay Questions:

#1: Social interest includes people being helpful by doing what is wanted or asked, known as people cooperating with the feeling of security, support, acceptance, and identity that is connected to having a sense of belonging. It would be best to have empathy, which means being understanding and sharing the feelings of others. Also, it would be best to be compassionate, show sympathy and concern for others, and be there for one another. Adler states that if you are not contributing to the betterment of the community, this is in correlation with social interest. If you do not feel you belong, you cannot be psychologically healthy; your feeling of belongingness impacts a person's psychological well-being, and you will have low self-esteem. You will feel loved and accepted in your community if you feel you belong. To find social interest, according to alinamueller.com, "You need to accept yourself and have confidence and courage that you can face your life tasks of love, work, and friendship. You need to believe in others, see them as comrades, not enemies, and you need to contribute to others." To accept yourself, you need to embrace every part of yourself, all your strengths, positives and weaknesses, and all your negatives. When a person has confidence or high self-esteem, they tend to have to stay motivated to succeed in school, work, and all aspects of their life.

#2: According to Adler, The Ruling type are people who lack social interest, lack courage, and confidence. The Ruling Type suffers from anxiety. When they begin to feel threatened, they try

their best to hide their fear. The getting type is passive-aggressive. The getting type avoids problems at all costs. The getting type never shares their honest view; they always are a fake version of themselves. The getting type takes part in gossip but not confrontation. For example, passive-aggressive behavior includes someone denying their anger, always responding with sarcasm, planning their revenge on the person they are angry with, and always trying to plan how to get back at someone in secret. Passive aggressive communication indirectly. The getting type relies on others to take care of them. The getting type does not set boundaries, they do not speak up for themselves, they put the needs of others before their own, they always have difficulty making decisions, and sometimes the getting type feels powerless or helpless. The avoiding type also lack confidence because they feel is necessary in order to solve a crisis. They try their best to avoid defeat. They are often self-absorbed, all about themselves. The socially useful type are people who grow up in families where each family members are very helpful, supportive, respectful, and considerate. These are Adler's four major lifestyle types.

#6: According to Adler, "Masculine protest" is the term he used to describe how traditional masculine behaviors such as assertiveness, independence, and dominance tend to be equated with traditional feminine behaviors such as submissiveness, dependence, and passivity. Adler's thinking of this definition was based on the roles of males and female in the Vietnamese society. Adler hated the thought of treating anyone as inferior means they are less than little or less important or value to everyone else. Adler felt that people need to stop bias to the thought of masculine protest. Adler felt that no one should be seen as they are less than important than anyone else no matter what behavior they possess if they are male or female.

According to psychology today , “men continue to struggle with how masculine they are, women
thanks are not struggling with their femininity. Women are looking into. The outside world of
men, they want men to enter. Their inside world to share power and authority inside and out.
This is the crisis that threatens their idea of masculinity that is expressed in masculine protest.
Using masculinity and femininity. Came with the industrial revolution and the middle-class
notion that men live in a world outside and women live in the inside world. The Rapid.
Economic, social, Technological changes. That are occurring in the 21st century. Have resulted
in large numbers of uprooted and. Bewildered men in the quest their masculine identity.” People
all over the world struggle with their identity every day. People struggle with defining their
identity because the environment they grow up where they do not receive the love and support,
they need and instead of them getting a sense of belonging they feel like an outcast. Masculine
protest impact a person’s well-being because if they are confused and do not know who they are;
having a lack of emotional well-being can impacts a person physical health can lead to a person
risking they getting cancer, heart disease and respiratory disease.

References:

Mueller, Alina. "Social Interest: Find Happiness & Belonging." *Alina Müller*, 30 Nov. 2022, <https://alinamueller.com/social-interest/>.

<https://www.psychologytoday.com/us/blog/marriage-equals/202008/masculinity-is-there-really-crisis>

