

## Inferiority/Superiority

The 42<sup>nd</sup> Annual ICASSI Institute for professional counselors provided Jane with excellent training for her work as she supervises school counselors who are working to become Licensed Professional Counselors. This certification is required for counseling in the state of South Carolina, and the standards are very rigid.

In her lecture of July 21<sup>st</sup>, 2009, Zivit Abramson tackled the Adlerian concept of Social Equality and how human beings almost “naturally” tend to look down on others or feel inferior to them in one or more areas. Most of the time this looking down on or feeling beneath another makes trouble for us. Abramson asked us to consider how much of the feeling of inferiority is of our own making. This, of course, would reduce the blaming aspect of this feeling on others. Blaming is such a useless tool, very destructive and harmful. When and how does being DIFFERENT become LESS? Where does the feeling of inferiority come from?? Inside ourselves or from outside influences?

Jane, who prides herself on treating every person with whom she comes into contact with respect, was sad to discover some of

her own elitism. Encouragingly enough, she knows she can change. Ms Abramson reminded us that, as in many other thoughts and actions, “Inferiority as in everything else is our own free choice.”

Zivit Abramson’s grandson, Itamar Abramson, depicted Social Equality as a circle of persons standing hand in hand on the wide screen, and the Superiority/Inferiority phenomenon as a ladder with people flying to the top of a ladder and climbing down, one above the other. It is an image that sticks in one’s mind!

The final profound pronouncement, so typical of the Individual Psychology of Alfred Adler, went like this “IF WE ALL KNEW THE FOLLOWING, THE WORLD WOULD BE A NICER PLACE:

- ALL ARE EQUAL
- WE ARE ALL TOGETHER ON THE PLANET
- EACH OF US HAS A PLACE
- WE MUST WORK TOGETHER IN COOPERATION