

## **INCONGRUITIES BETWEEN BASIC CONVICTIONS**

### **Incongruities between Self Concept & Picture of Life add to inferiority feelings**

E.g. "I am small and weak; Life is dangerous, therefore I need others to protect me."

### **Incongruities between Self Concept & Self Ideal lead to inferiority feelings:**

E.g. "I am stupid; I should be smart; therefore I won't even try!"

### **Incongruities between Self Concept & Ethical Convictions lead to feelings of guilt & inferiority.**

E.g. "I am shy and a moral coward. I know what is right but instead I rebel & do the opposite of what is required from me."

**Corsini, R.J. (Ed.) (1984).**

**Shulman, B. and Mosak, H. (1988).**