



Counselling Workroom

2023

# A New Perspective on Self

Have you set some annual goals for 2023?

Or have you reviewed what you haven't accomplished in the past year?

At some point, you may feel you are not good enough and look for change in the new year.

In this issue of Counselling Workroom, let us explore the "inferiority complex" and look for a new perspective on self in 2023.



## What is an "Inferiority Complex"?



### It's inevitable

The term "inferiority complex" was first introduced by Alfred Adler, a psychiatrist and a psychotherapist. He believed that people are born with some level of personal inferiority when facing the authority of parents or caregivers. When we are growing up, we tend to compare ourselves to others, and then develop a feeling of inadequacy or not up to standard. Basically, inferiority is an inevitable feeling.

### It's a bondage of life



"Inferiority complex" can be a stimulant to normal striving and development. It is because we strive to improve ourselves when we are aware of this feeling. However, it becomes an excessive condition when the sense of inadequacy overwhelms the individuals who constantly compare themselves to others or set an idealized standard. Such people lack self-esteem, constantly doubt themselves, and subsequently impose different constraints on themselves.

✨ ✨ Some common situation of “inferiority complex”

**I get crippled by my academic performance again!**



*I've been assigned to provide the first speech in the group presentation, I'm really afraid that I would mess it up!*

*The teacher wrote a few comments on my thesis.  
Seems I am not suitable for studying this subject!*



**I'm fearful of competing with others.  
I am always behind for everything.**

*I always check how many likes for my IG Post,  
and I can't help think why I have fewer liked than usual/others.*



**I don't like to join any social functions/gatherings.  
I often feel uncomfortable, especially I feel they are  
better than me in every aspect.**

**People with an excessive inferiority complex are often too bothered with self-doubt and underestimate their abilities.**

**If we are constantly under such stress for a prolonged period,  
this might lead to mental health issues such as anxiety and depression.**

**Now, the question arises: whether inferiority complex is curable. Yes, it is!  
Let us look at tips on overcoming it and reconciling with yourself in the new year.**

# Seven tips on having a new perspective on self

## 1

### Build self-confidence



- Try to learn more about yourself.  
e.g. what makes you happy and what you value in life.
- Do you constantly doubt yourself when you are facing problems or challenges?  
Try to analyze the situation from different perspectives: whether there are other external factors; this state will not exist forever.
- Set small goals for achievement.  
You can gradually build a positive self when you examine the progress you have made so far.



### Try to notice the good things

## 2

- Appreciate yourself for all the good traits that you have, including your abilities and character strengths.
- Ask people what they like about you.
- Embrace yourself including your limitations (no worry, everyone has). Focus on 'small victory' and treat it as a milestone for you're looking for.



## 3

### Stop worrying about what others think

- What other people think of you is not everything. Disassociate yourself from their judgments which can't represent the whole of you.
- Some thoughts of you are just developed from your imagination based on your perception.  
"Your inferiority complex is just a delusion."  
– Shunmyo Masuno, a master of Japanese Zen monks







## Understand that we're all inferior in some ways

# 4

- No one is perfect. Everyone on earth is inferior to someone in some way.
- Everyone is unique and authentic.
- On the flip side, everyone is superior to others in some way.

Everyone is a different combination of attributes and flaws.

Although you are not good at concentration, you are creative.

Although I don't have a special talent, I can focus on completing a task well.

# 5

## Build your sense of belongings

- The sense of belonging to a group is important for everyone.
- Try to understand others' thoughts and emotions.  
Nurture your empathy and connect with others.
- Such sense of belongings can help overcome the inferiority complex by letting go of your own superiority and compensating with each others.



## Don't be harsh on yourself

# 6

- Beware of setting too high standard.
- Try behavioral experiments and adjust the standard, e.g. you may consider preparing one contingency lesson plan instead of two, and then observe whether there are adverse consequences, or you can experience better work-life balance.



がんばろう!



# 7

## Surround yourself with positive people

- You are not alone. Most people would have times of feeling inferior as everyone has different issues buried in their lives.
- Try to share your difficulties with others.  
Your good friends will accept you and wait for your change.
- Believe that you can be better in the future.

